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The Welcome Wagon

An Intro to your Intro to Burlington

Burlington, Vermont, is a pretty special place.

If you live here already, you know that. If you're new in town, you're about to figure it out.

The staff of *Seven Days*, Vermont's locally owned alternative weekly newspaper, would like to help. Every year we produce this handy off-campus guide to Burlington and the surrounding area. While *Good* serves up the city's cheap eats, the inside scoop on the hottest places to shop, the lowdown on the local music scene and even what can happen if the campus police name you out to the real cops.

This year, it'll also introduce you to our mascot, **Wally the Woodchuck**. That's him to the right, sigh.

(Can we chat privately for a sec? Look, we know Wally is kind of ... rough around the edges. But after seven years of undergrad at UVM, he just found out he didn't get into mascot grad school. Then his girlfriend and onetime groovy UVM mascot, Kitty Catamount, moved away, which is the whole other thing — whatever you do, don't bring up UVM's new mascot, Rally, around Wally. Just don't.)

Anyway, dude's hit a rough patch and hasn't had a job in, like, two years. So we told him he could be the "official" — wink, wink — WG mascot. Also, his cousin is a bartender at one of our favorite dive bars and we owed him a favor. So just humor him, OK? He really does know a lot about BTY — see: seven year undergrad, above.)

More reliably, this booklet aims to be a helpful resource. Hopefully it'll make you want to explore your new hometown. Get out there, be adventurous and have fun. Because what else is college for? Aside from learning the life skills to become a respectable, contributing member of society and stuff.

Like Wally Sort of 

— Dan Gelles



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Seven Days was founded in 1995 by two journalists, Pamela Polton and Paula Rously, who initially came to Vermont to go to college. See what can happen when you stick around after graduation?



411

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Meet the what's good writers



Dan Bolles @danbolles

Dan Bolles has been the music editor at *Seven Days* newspaper for the past seven years, which makes him feel really old when he stops to think about it. He's been active in the local music scene since he was 13 years old — as a fan, a performer and an award-winning critic. He's also a University of Vermont dropout. But, y'know, stay in school or whatever.



Courtney Copp

Once accused of having "excessive state pride," *Seven Days* calendar editor Courtney Copp replied, "Have you been to Vermont?" The Burlington native is proud — OK, excessively proud — to call the Green Mountain State home. She's also proud to be left handed and an above-average cook.



Paul Heintz @paulheintz

Paul Heintz has covered state and local politics for *Seven Days* since 2012 and writes the political column "Fair Game." In previous lives, he's worked in public television, served as a congressional aide and thru-hiked the 2,181-mile Appalachian Trail. Quite frankly, he'd rather be outside right now.



Alice Levitt @alicelevitt

Award-winning food writer Alice Levitt is a fan of the exotic, the excellent — and automata. She's been writing for *Seven Days* since 2007 and appears regularly on "The 30" newscast at 3:30 p.m. on WCAX.



Mitchell Manacek

Recent UVM grad Mitchell Manacek is a freelance music reviewer whose writing has appeared in *Seven Days* and on the music blog the Boat Shed. In his free time he reversely lives to hang out in Winoski.



Hannah Palmer Egan @hannahpalmer

Hannah Palmer Egan is a food and drink writer at *Seven Days*. Before returning to her native Vermont, she lived in New York and wrote for the *Village Voice*, *WCE* and the *New York Daily News*, among other publications.



Ken Picard @ken_picard

Ken Picard has been a staff writer for *Seven Days* since 2002. He earned his journalism degree before most of today's college students were born, and is thus deluded enough to believe that Millennials will get his references to *Inn-Contra* and old "MPA'SPH" episodes. Just laugh politely and tell him what journalism was like before the Internet ruined it all.



Natalie Williams @nataliewilliams

Natalie Williams is a senior at UVM and the editor in chief of its student-run weekly newspaper, the *Vermont Cyclic*. Her favorite things are 1990s grunge music, cats, burritos and taking photos with her camera named Gus. She's originally from San Diego, Calif. — her excuse for not learning to ski or snowboard. Sorry, Vermont.

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WTF, Burlington?

Answers to your questions about local oddities

By Dan Bolles

We know, Burlington, and most of Vermont, really, is kind of a weird place, especially for flatlanders — that's how we refer to folks, like many of you, who "aren't from around here." But there are certain people, places and things that make even the most dyed-in-the-wool Vermonter stop and say, "What the f---?"

To help make sense of it all, your friends at Seven Days provide answers to some of the most unusual questions about life in the Green Mountain State in a column we call "Whiskey Tongue Footstomper." We've excerpted some of our favorites for you here.

Check out the WTF column every other week in Seven Days. And if you've got a mystery to solve, let us know at wtf@sevendaysvt.com.

Q: Seriously, what's up with the "Cut consumption not foreskin" house? And why purple?

The house has long been painted purple with pink polka dots — the house's enigmatic owner, Jem Kohl, did it to fulfill a childhood dream. But in 2009, Kohl, a software developer, environmentalist and maybe-nutist who moved to Vermont from the Bay Area, painted the slogan on his house as a two-pronged statement: advocating sustainability and decrying circumcision, which he regards as genital mutilation.

"The message really is that simple," he told a *Seven Days* reporter, adding he wanted the message to be humorous but provocative. "There's nothing hidden."

Well, except maybe one thing.



Q: Did I see a teepee on I-89 when my 'rents brought me up from Connecticut?

I don't know, did you?

Yes, there is a teepee in Richmond visible from I-89. And if you've been trekking up and down the state's main artery over the last few years, you might have noticed it recently got a paint job. Well, sort of.

The teepee belongs to Dean Pratt. And it's actually his second — the first, erected eight years ago, blew over in a storm on New Year's Eve 2012. The new one is much bigger and more colorful. Because it's built on a spit of land across the Winooski River from Pratt's home, he accesses it via zipline — there's a primitive road, too, that is not visible from the highway.

"I've taken that zipline with a 12-pack of beer in my teeth," he told a *Seven Days* reporter.

Inside, the teepee is decked out like a tiki lounge, complete with a bamboo bar, fake palm trees, a stereo and a fireplace.



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MAD RIVER GLEN
SKI IT IF YOU CAN

Q: I've heard Vermont consistently ranks high in instances of melanoma. But I haven't seen the sun in, like, three months. How is that possible?

That's precisely why. Because we spend about nine months of the year indoors, our risk factor for sunburns greatly increases when we do get out in the sun, in comparison to people who are more acclimated to the sun's rays from being outside more.

As a *Seven Days* freelancer reported, skin cancer tends to develop when pale white people spend too much time in the sun. Vermont is 94.5 percent white. Hence, higher rates of melanoma. Between 2005 and 2009, roughly 29 out of every 100,000 Vermonters had melanoma, compared to 19 out of 100,000 nationally.

Moral of the story: Sunblock is your friend, even in the winter.



Q: I was hooking up with my girlfriend the other night, and things were going well. Like, really well. Then she stopped and asked if I had protection. I didn't. But I scrambled and found an "eco-friendly" condom on my roommate's dresser. Really? Come on.

Ha. I see what you did there. Nice one.

That was likely the Sustain condom, a product developed by Jeffrey Hollender, founder of Burlington's Seventh Generation, and his daughter Masha. You might recognize SG as the company that makes those eco-friendly household cleaning items like dish soap and paper towels that you feel guilty for not buying because you're a broke-as student.

Anyway, as a *Seven Days* reporter noted, the Sustain condom is the first-ever "Fair-Trade-certified, organically sourced, vegan, nontoxic, non-animal-tested and GMO-free prophylactic."

So, yes, that eco-rubber will help sustain the environment, though not necessarily sperm, other things.

Q: Why are there always panhandlers on Main Street by Junior's pizza, but rarely on Church Street?



Why? You looking to earn some extra cash?

Kidding. "Spangling," which is slang for "spare-changing," is explicitly

forbidden on the nearby Church Street Marketplace — which exists in a bizarre legal limbo as both a public and privately managed space. Panhandlers are also forbidden to bum change anywhere in the city that blocks access to buildings. So the facade between Junior's and Church & Main has become a go-to spot

Q: I was hanging out at North Beach the other day, soaking up some sun and a cold beer, when this guy in a loud yellow shirt came over and told me to put the beer away. He didn't take it and couldn't have been much older than me. Does the dude actually have any authority, or was he just some buzzkill with bad fashion sense?

Was it a glass bottle? Because that's a no-no. Canned beer is generally OK at public parks — assuming you're of age, of course. But glass is bad news, especially anywhere folks might be barefoot, like a beach.

As for your yellow-shirted friend, he's part of Burlington's Beach & Parks Patrol Unit — or what locals call affectionately call "baby cops." Nope, they're not real police and don't have any real authority. They can't make arrests or issue tickets. And they tend to be young — think police interns.

However, parks patrol officers are viewed as an extension of the Burlington Police Department, so you pay them off at your own peril. Doing so is likely to draw the ire of the men and women in blue, who can and will hush your mellow if you mess with their "babies." *—WTF*



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Sharp Left Turn Ahead

Vermont politics, from the People's Republic of Burlington to the "Green Republic"

By Paul Heintz

When outsiders think of Vermont

politics, the first word that comes to mind is "liberal." They have a point. In January 2014, Gallup found that a higher percentage of Vermonters describe themselves as liberal — 32.4 percent — than residents of any other state.

It wasn't always this way. The Green Mountain State has a long and proud history of far-left conservatism. Heck, Vermont and Maine were the only two states that never backed Franklin Delano Roosevelt in any of his four presidential races. As recently as 2010, our governor was a Republican, Jim Douglas, now an "executive-in-residence" at Middlebury College. Good work if you can get it!

But these days, the Vermont Republican Party is in a telenovela. Democrats hold wide margins in the legislature and every statewide office except lieutenant governor. And the even-lefter Vermont Progressive Party is on the move.

What else do you need to know about Vermont politics? Here are a few key characters, events and traditions to help in navigating your way to the voting booth. Vermont's next general election is November 4, 2014, and its next Town Meeting Day (see next page) is March 3, 2015.

BTW, if you're attending college in Vermont, you're legally entitled to vote here. Just don't try to vote back home, too. That would be voter fraud. To register, drop by Burlington City Hall or the Department of Motor Vehicles and bring valid ID and proof of residency (a utility bill or bank statement will do the trick). For more details, visit www.sec.state.vt.us/elections.aspx.



1. PATRICK LEAHY

Third in line to the presidency, the U.S. Senate's most senior member — and the eighth-longest serving senator in history — is still a spry 78 years old. More importantly, the Montpelier native and Senate Judiciary Committee chairman has appeared in four *Batman* movies.

2. TOWN MEETING DAY

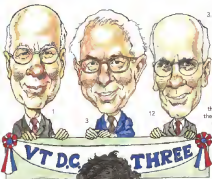
In Vermont, direct democracy lives. On the first Tuesday of March, residents of many towns still gather to publicly debate and vote on the local budget. And, man, those fights about replacing the highway department's road grader can get heated! But not in Burlington. Queen City residents go to the polls on TMD, just like they do in November.

3. BERNIE SANDERS

Vermont's own Brooklyn-born, self-described Democratic Socialist won just 2 percent of the vote in his first run for statewide office in 1972. How times have changed! These days, Vermont's junior senator cruises easily to re-election. He's so well known, most refer to him simply as "Bernie." Nowhere is that more true than in Burlington, where he won the 1981 mayoral election by a scant 10 votes and went on to serve four terms. A longtime independent — since he left the Liberty Union Party in the '70s — Sanders has been talking up a run for president in 2016, perhaps in a Democratic primary against Hillary Clinton.

4. CIVIL UNIONS

Before gay marriage was a thing, Vermont invented the civil union. The legislature created the new designation in 2000, after the Vermont Supreme Court ruled that same-sex couples were entitled to the same benefits and protections as hetero ones. The backlash was fierce, and Democrats lost control of the Vermont House in the 2000 elections. But just nine years later, Vermont became the fourth state to legalize gay marriage, and the first to do so voluntarily, without a court mandate.



Marc Neufeld 2016

5. PROGRESSIVES

De and Rs aren't the *only* political parties in the 802. Vermont boasts the most successful third party in the nation: the lefty Vermont Progressive Party. It emerged out of Sanders' mayoral campaigns, though, curiously, Vermont's most famous lower-case-p progressive politician has never been a Prog. The party sent its first representatives to the legislature in the 1990s and now counts eight legislators as members.

6. MONTPELIER

Vermont's capital city barely qualifies as one. The smallest state capital in the country, Montpelier is also the only one without a McDonald's, for what that's worth. Pronounced "Mont-PEEL-ee-ee," and rightfully nicknamed "Montpeculiar," the city of 7,855 boasts the golden dome of the Vermont Statehouse and a vibrant bar and restaurant scene. But steer clear from January through early May, when the state's part-time legislature is in session, taking up parking spaces and bar stools all over town.

7. SECOND VERMONT REPUBLIC

Vermonters tend to love Vermont — sometimes a little too much. Founded in 2003, the Second Vermont Republic was a loosely knit group of liberals who hoped to secede from the United States. The first Vermont Republic, in case you were wondering, existed from 1777 until 1791, when it finally joined the union. Secessionists issued a few declarations and fielded candidates for state office, but the movement has been a lot quieter in the Obama era.

8. GENDER INEQUITY

In 1984, Swiss-born Madeleine Ray Kinn (became the first female governor of Vermont. But the state has elected precisely zero female governors since — and it's never sent a woman to Washington. Both Pearce, the state treasurer, is the only female statewide officeholder. And while women are fairly well represented in the Vermont House, they remain a distinct minority in the Vermont Senate. Meanwhile, next door, "conservative" New Hampshire's got us way beat. In 2012, the Granite State elected a female governor and an all-X-chromosome congressional delegation.

9. BILL MCKIBBEN

One of the nation's — nay, the world's — leading climate-change activists lives just down the road from Burlington, in Ripton, and teaches at Middlebury College. In 1989, the former New Yorker writer penned what many consider the first popular tome on climate change, *The End of Nature*. When he's not busy getting arrested outside the White House, McKibben heads 350.org, a climate-change action group with an office in downtown Burlington.

10. ACTIVIST LEGISLATURE

Vermont's part-time state legislature racked up a number of key liberal accomplishments in the two-year "biennium" ending in May 2014. It raised the minimum wage, required universal pre-kindergarten, decriminalized pot, allowed noncitizens to drive, mandated the labeling of genetically modified food, legalized assisted suicide and allowed childcare and home-care workers to unionize. So what do liberal legislators have left to do in 2015? Oh, y'know, just create the nation's first single-payer health care system. **WAG**

More Dem Dudes

11. PETER SHUMLIN

Vermont's socially liberal and fiscally moderate governor faces reelection this fall — though no incumbent governor has lost since 1962. So, yeah, it's not likely to be a rebitter.

12. PETER WELCH

This Democrat is Vermont's lone congressional representative. In a related story, Vermont is small.

13. MIRO WEINBERGER

He's a Democrat, the mayor of Burlington and a member of a local men's baseball league with famed Red Sox pitcher Bill "the Spaceman" Lee.

14. HOWARD DEAN

The former governor of Vermont came within a scream of the Democratic presidential nomination in 2004. He still lives in Burlington, where his "Democracy for America" political organization is based. You may bump into him riding the bike path he championed back in the 1970s.

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Highs and Lows

The potential pitfalls of party drugs By Ken Ricard

Wally Sun,
"Smackhead"



For many students, college is a time for experimentation — with new friends, activities, sexual partners and substances, both legal and otherwise. Vermont's famously progressive persona includes a certain laissez-faire attitude about altered states. Nevertheless, local colleges, cops and civic leaders are increasingly seeing links between substance abuse and more serious offenses, including retail theft, burglaries, sexual assault and, obviously, drunks and drugged driving.

Are we trying to harsh your mellow? Hardly. But if you choose to use, be informed, sensible and know your limits — and those of the law. FYI, you can find out more by reading the Vermont Statutes online. Title 18, Chapter 84 outlines which drugs are illegal and the potential penalties they can carry.



ALCOHOL

The legal age for consuming Vermont's only legal intoxicant is 21, despite ample evidence suggesting otherwise during your first few weeks of college. Under Vermont's impaired-driver law, it's a crime to get behind the wheel with a blood alcohol content (BAC) of 0.08 or higher. In Vermont, a driver pulled over for suspicion of driving under the influence (DUI) will be asked to take a blood or breath test to determine his or her BAC. Can you refuse? Yes, but your license will be suspended instantly, and you'll likely face even more severe punishment — from both a judge and your insurance company. Simply put, a cab ride home costs far less than a one-hour consultation with a DUI defense lawyer, never mind the fines and legal expenses that come with a DUI conviction (about \$10K, based on the national average).

MARIJUANA

As of July 1, 2013, Vermont decriminalized possession of small amounts (i.e., less than 1 ounce) of weed and 5 grams of hash, replacing criminal penalties with civil fines that won't appear on a criminal background check when you apply for your first "real" job out of college. That's the good news.

The bad news: While the Green Mountain State didn't earn that moniker solely for its lush, verdant hillsides, not everyone — RAs, landlords, campus police — is equally tolerant of the pungent fog. A first-time offense for possessing less than one ounce can net you a \$200 fine, \$300 for the second and \$500 for a chronic inability to find discreet places to light up.

Equally important, the 2013 decrim law did nothing to alter Vermont's impaired-driving law. Police departments throughout the state now employ Drug Recognition Experts — cops trained to spot drugged drivers. Paleor face or not, your pupils, blood pressure and involuntary eye movements will have you out every time. (See: Call a cab, above.)





COCAINE

Coke isn't as big as it once was on Vermont college campuses. In fact, our sources (read: recovering student addicts) report seeing more students snorting Adderall than cocaine, which is also illegal if you don't have a prescription.

Coke possession can get you a \$2,000 fine and a year in prison. Selling it nets as much as three years behind bars and a \$75,000 fine. Move a mere 2.5 grams and you can face serious time, including as much as a decade in the hole and a \$250,000 fine — or the cash equivalent of four years of tuition, plus a master's degree.

LSD

Just because psychedelics are measured in micrograms (1/1,000,000th of a gram) doesn't make the penalties for their sale or possession miniscule. Possession of a sheet of LSD can result in a \$2,000 fine and up to a year in jail, where you'll definitely see colors, man. Well, orange mostly.

ECSTASY, MOLLY AND OTHER SYNTHETIC TRIPS

The European Monitoring Centre for Drugs and Addiction has identified an unprecedented 233 new recreational drugs in the last five years. So, what's the designer drugscape like in Vermont? In August 2013, Rutland Emergency Medical Services responded to six people who'd overdosed on gel tabs containing a near-lethal mix of ecstasy, heroin, methamphetamine and cocaine. Several weeks later, four college-age partiers at concerts and nightclubs on the East Coast died after ingesting substances that included ecstasy. While local police admit privately that they don't devote much time or resources to fining out individual users, dealing is another story.



A first-time offense for possessing less than one ounce of pot can net you a \$200 fine, \$300 for the second and \$500 for a chronic inability to find discreet places to light up.

HEROIN

In Vermont, smack is back in a big, bold way. Perhaps you saw the *Rolling Stone* parody of the classic Vermont maple syrup can? It featured a bearded, flannel-clad maple sugar maker leaning on a tree stump. Ouch.

Here's the straight dope on heroin. Once you've developed a \$2,000-per-week opiate habit — and yes, those GayCans and Percocets handed out at off-campus parties differ from heroin in form, not substance — criminal penalties will be the least of your worries. Of far bigger concern will be landing off dope sickness and trying to get your name on one of Vermont's waiting lists for methadone or Suboxone treatment. It can take years. In the words of a local college student-turned addict, "Avoid heroin like the plague if it's become " [arg](#)

The Main Events

Good stuff you don't want to miss By Courtney Copp

Grace Potter

FALL

GRAND POINT NORTH

Perhaps you've heard of Vermont's resident rock stars, Grace Potter and the Nocturnels? (If not, you should get on that.) Grand Point North is GPN's (the band's) annual rock festival, held each September on the waterfront in Burlington, featuring scores of local bands, local food and some of Grace and co.'s closest rock star pals. This year those include Trampled by Turtles, Lake Street Drive, Dr. John and the 'We on Drugs, to name a few.

Saturday and Sunday, September 13 and 14, Waterfront Park, Burlington
Info, grandpointnorth.com

What you know that many of the most important lessons take place outside the classroom. To help you jumpstart this part of your college education, the Wilson Good team has compiled an all-star lineup of must-see events. Fill up your social calendar with other off-campus happenings by checking out seven-daysvt.com or picking up the latest issue of *Seven Days*.



Winner is a Drag Ball

WINTER

WINTER IS A DRAG BALL

Subzero temps got you down? Heat up with Vermont's wildest drag queens and kings at this annual themed benefit for the Vermont People With AIDS Coalition. The gender-bending bash turns 20 in 2015. Expect to see some spectacular birthday suits.

February, Higher Ground, South Burlington
Info, 653-0777, highergroundvt.org

SPRING



Tig Notaro

GREEN MOUNTAIN COMEDY FESTIVAL

After the crush of final exams, you could use a good laugh. Check out the annual Green Mountain Comedy Festival, which features more than 100 local standup, improv and sketch comedians. That's in addition to professional acts from New York, Boston and Montréal — and headliners that have recently included Todd Barry, Tig Notaro and Miya Kaplan.

May, various locations in downtown Burlington
Info, greenmountaincomedy.com

FALL

South End Art Hop

Art lovers — and those just pretending to understand art — take over the Queen City's increasingly hip South End at this celebration featuring exhibitions, outdoor sculptures, live music and the famed Strut Fashion Show. More than 500 artists display their work at this funky fête that draws upwards of 30,000 visitors annually.

Friday, September 5, through Sunday, September 7, at Pine Street Corridor, Burlington. Info, 855-5332, seahop.com

Vermont International Film Festival

Cinema hounds need not travel far to screen award-winning flicks from around the world in this 10-day festival of independent, international and Vermont-made films.

Friday, October 24, through Sunday, November 2, at various locations in Burlington. Info, 663-3600, viff.org

WINTER

Penguin Plunge

In winter of 1996, a handful of brave — read: crazy — folks jumped into the icy waters of Lake Champlain to raise money for Special Olympics Vermont. These days, participants clad in zany threads flock to the waterfront by the thousands for this frigid fundraiser.

Saturday, February 7, Waterfront Park, Burlington.
Info, 863-5522, specialolympsvermont.org

Stowe Winter Carnival

Frozen festivities transform the world-famous mountain town into a winter wonderland of ice carving, snow volleyball, snow golf and more. The revelry heats inside at night, where local taverns offer live music and dance parties to remember — or not remember.

January, various Stowe locations. Info, 777-5510, stowewintercarnival.com

SPRING

Burlington Yoga Conference

After a long winter, there's no better way to limber up than with the area's top yoga instructors, who share their knowledge in classes, workshops and presentations. Yoga of all levels of bendiness hit the mat for this epic stretching session.

Saturday and Sunday, March 7 and 8, Davis Center, UVM, Burlington. Info, 999-3589, burlingtonyogaconference.com

Mardi Gras

The best of the bayou gets a northern makeover when Magic Hat Brewing Company puts on a party to remember. Grab your masks and beads and head to downtown Burlington for live music and a procession of elaborate floats down Bourbon — er, Main Street. But do try and keep your shirt on. It's cold.

Saturday, March 7, downtown Burlington
Info, 688-2739, magichat.net

Press 'Play'

A mixtape introduction to local music By Dan Bolles



Vermont's music scene

is thriving and likely more diverse than you expected. Especially on a weekend night, there's apt to be more great live music going on at clubs, bars and cafes in and around the Queen City than you could possibly see. And that's to say nothing of the hundreds of albums, EPs, mixtapes and singles released locally each year. Whether you want to shake it to electronic dance music or hip-hop, rock out with sweaty hipsters and punks, explore new cultures through world music or commiserate with a melancholy singer-songwriter, there's always something for your fiddle ears.

To give you an idea of the scope and sounds of Vermont music, we've put together a 11-minute mixtape of some of our favorite local tunes. We think it will whet your appetite. For full aural satisfaction, you're gonna have to get out to shows and tune in to radio stations like UVM's WISUy 90.1 and local low power community beacon 105.9 FM the Radiator. And, obviously, turn to music coverage in Seven Days and check out our arts blog, Live Culture — where, BTW, you can also give the mixtape a spin.

THE WRITE BROTHERS, "EXTRAORDINARY I"

The Write Brothers are longtime local DJ and producer Dante DeVinco and MC Leoric. The latter is a founder of seminal local hip-hop act the Axiast, the reigning rap battle champ and a man widely regarded as one of the most talented and cerebral rappers in the state. Smart, smooth and seriously infectious, "Extraordinary I," from the duo's debut 2014 EP, *Take Flight*, lives up to its name. soundcloud.com/the-write-brothers



THE BUMPING JONES, "SYNESTHESIA"

If you're an appendicesman or recent grad, you might have seen the dudes from the Bumping Jones bumping around campus. Funky and danceable with a nod to Burlington's heady jam band roots, "Synesthesia" should be on the soundtrack to your next Solo cup-fueled basement bash. Just beware of noise violations. thebumpingjones.bandcamp.com

WAYLON SPEED, "UNTIL IT ALL ENDS"

Fusing country and metal, Burlington's Wylon Speed are one of Vermont's most exciting live acts. They're not so bad on record, either. Their 2014 album, *Kin*, scored national distribution because of fiery cuts such as "Until It All Ends." waylonspeed.com

Daily Sex
(Sun 4-6 to 11)



BONJOUR HI, "BRING IT BACK"

Likes everywhere else, Vermont has experienced an EDM explosion. There are more DJs, producers and collectives sweating up local dance floors than we can count. And they play everything from trap, moombahton and dubstep (and, sadly, brostep) to house, techno and whatever new genre just popped up in the time it took to read this sentence. "Bring It Back," by local crew Bonjour Hi, is a good example of the eclecticism in that scene. It harks back to classic club mixes but is also infused with modern twists. soundcloud.com/bonjourhi

WOODEN DINOSAUR, "WALKING ALONG"

Brattleboro-based indie folk band Wooden Dinosaur are among the more artistically adventuresome acts in Vermont. "Walking Along," from their 2014 EP *Rhubarb Wine*, is breezy and fun, leaced with woozy horns, strutting guitars and yodeling. Yep, yodeling. woodendinosaur.bandcamp.com



Waylon Speed

PHOTOGRAPH BY MIKEA B. KIRBY



Bonjour Hi



Wooden Dinosaur



Gang of Thieves

GANG OF THIEVES, "SEXY STAR CIRCUS"

Gang of Thieves bring the party with a funk-rock hybrid evoking the likes of 1990s staples Red Hot Chili Peppers and Rage Against the Machine. We know you were, like, 4 then. But "Sexy Star Circus" rocks in any era. gangofthieves.com



The Burlington Bread Boys

THE BURLINGTON BREAD BOYS, "THE SECOND TIME"

Vermont has no shortage of bluegrass and old-time music. The Burlington Bread Boys trade in a playful variant of mountain music they call "fiddle-core." That's a rambunctious strain of foot-stomping, acoustic Americana encapsulated in their song "The Second Time" from the band's 2014 self-titled record. theburlingtonbreadboys.bandcamp.com

PAPER CASTLES, "COME TOO LATE"

Mellow and cool, but subtly biting, "Come Too Late" by Burlington's Paper Castles evokes the slanted guitar enchantment of beloved indie-rock slothers Fleetwood — or whatever. The band's 2013 record, *Vague Era*, was named one of *Seven Days'* top 10 local records that year. papercastles.bandcamp.com



Paper Castles

KAT WRIGHT & THE INDOMITABLE SOUL BAND, "ALL ABOUT YOU"

Kat Wright & The Indomitable Soul Band trade in vintage throwback to the heyday of classic soul and R&B. "All About You" winks at the past with smoky horns and backbone-slipping grooves, yet remains decidedly modern. Check out their weekly residency Thursdays at Radio Bean. katwrightsoulband.com



Kat Wright & The Indomitable Soul Band



168 battery street burlington 651.0880

CAROLINE ROSE, "THIS IS WHAT LIVIN' FEELS LIKE"

For all-country singer Caroline Rose, life is about the journey, not the destination. The sensibility "This Is What Livin' Feels Like" from her album *America Religious* — another *Seven Days* top-10 record of 2013 — ably captures that sentiment. And when the pressures of school inevitably hit, you'd do well to remember it, too.

carolinerosemusic.com

ALPENGLOW, "CATSKILLS"

Alpenglow mine the arty indie folk streams of bands such as the Low Anthem and Delta Spirit. "Catskills," from their 2013 EP *Solitude*, is soothing and complex, a perfect accompaniment to brisk fall evenings around a campfire.

alpenglowband.com

BARIKA, "ANGATTA"

"Ethereal dub" supergroup Barika fuse recognizable western funk and jazz archetypes with irresistible West African grooves. "Angatta," from the band's 2013 album, *Rise*, is a great intro to the group's heady take on fused-up world music. Bandleader Craig Myers is a renowned master of the ngoni — that's an African harp made from a calabash gourd, BTW. And yeah, it's an unbelievably phallic instrument. Stop giggling.

barikamusic.com



The DuPont Brothers



Rough Francis



Caroline Rose



Alpenglow

THE DUPONT BROTHERS, "TAPPED IN"

The DuPont Brothers' "Tapped In" is an elegant, intricately orchestrated song that nods to Bryter Layter-era Nick Drake. It's one of several richly beautiful cuts from the brotherly duo's excellent self-titled debut — yet another top-10 record of 2013.

dupontbrothersmusic.com

ROUGH FRANCIS, "NOT A NICE GUY"

If you're gonna live in Burlington, you'll have to familiarize yourself with the story of Detroit proto-punk band Death. (Just Google it, m'kay?) In the meantime, check out the sons of Death, Burlington's Rough Francis, who are making national waves with new punk music inspired by their dad's old band, such as their rising single "Not a Nice Guy." Full disclosure: RF front man Bobby Hackney Jr. works at *Seven Days*. www.sevendaysvt.com

facebook.com/roughfrancis

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Eating in the City of Good and Evil

Saintly and sinful off-campus dining options By Alice Levitt

Chances are, your parents deserve much of the credit for keeping you fed, watered and clothed to date. Now, as a college student, that's all up to you. It may finally be time for that *Coil of Duty* tattoo you always wanted. Or not.

Yep, you've got some choices to make. We scoured the city to help you find satisfying but good for you options that will keep your body running in tip-top shape.

Those virtuous recommendations are paired with more devilish ones — for when you're battling a hangover, for example, or in the mood to celebrate your independence. Such indulgences have consequences, but don't worry, we've got that covered, too. Find a guide to area health clubs on page 60.

Taco



Camote tacos



Camote tacos

EL CORTIJO TAQUERIA Y CANTINA,
109 Bank St., Burlington, 497-1668

There's not much to complain: the most pristine of tacos — just organic sweet potatoes, braised kale, pumpkin seeds and tons of flavor. Guajillo salsa lends a hint of heat to the roasted sweet spuds. Don't want to eat more kale? Try the smoked quinoa taco with corn salsa instead.



Pork taco

DOLCE VT, 400 Pine St., Burlington, 334-6220

Pickled veggies, avocado, cucumber and dillpickle. Sounds kind of light, right? But pile on sriracha, beef chili and hoisin sauce with a base of crispy fried pork, and you've got a serious lunch that hits every flavor note. Get ready for spicy, sweet, fatty goodness.

Burger



Hemp seed, whole grain burger

JUNIPER, 41 Cherry St., Burlington, 451-0000

Think veggie burgers are boring? Even bloodthirsty carnivores will devour this delicious burger made from irresistibly spiced grains. The patty is crispy on the outside and soft on the inside. Radishes and redish sprouts contribute satisfying crunch, while carrot ketchup adds flavor and dyes the soft roll bright orange.



Wagyu burger



Wagyu burger

E.B. STRONG'S PRIME STEAKHOUSE,
10 Church St., Burlington, 497-1214

You might wonder if this burger ate another burger to earn its price tag. But for a whopping \$16, you get pure, beefy pleasure. Local cheddar, fried pickles and bacon add dress an ultra-juicy Wagyu beef patty with truffle fries on the side. Bring a buddy to share, and it'll cost you half as much.

Das Bierhaus

175 Church Street, Burlington, VT



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Sandwich

Banh mi
99 ASIAN MARKET EATERY,
 242 North Wisconsin Ave.,
 Burlington, 865-0226

Got \$3.99? You can afford a filling, balanced lunch at this Asian market. Your crispy baguette is filled with cilantro, pickled veggies, chiles and a choice of beef, pork loaf or tofu. Take it to go with a jelly-speckled smoothie or settle down at a table for some mealtime viewing of Vietnamese TV.

The Bad Idea
GUILD FINE MEATS,
 111 St. Paul St., Burlington
 497-1645

The cheffy name is false advertising. Tangy, homemade breakfast sausage, Vermont cheddar and an over-easy egg all piled on a fluffy house maple doughnut is a very good idea, indeed. And it's small enough that you won't feel like a hog after eating one. Unless, of course, you follow it up with a slice of Guild's perfect chocolate-shout cake.

PHOTO: MICHELLE HARRIS



Banh mi

Pizza

Brussels sprouts pizza
PIZZERIA VERITÀ,
 156 St. Paul St., Burlington,
 489-5644

OK, there's no such thing as a truly healthy pizza, but Mom always told you to eat your Brussels sprouts, right? You won't mind getting some incidental vitamins when the crisp veggie leaves are mixed with Italian bacon and homemade mozzarella on a classic Neapolitan crust. A \$16 pie feeds two.

Egg's Benedict
Flatbread
AMERICAN
FLATBREAD
BURLINGTON
HEARTH,
 116 St. Paul St.,
 Burlington, 861-2999

There's no question: You will need a nap after eating breakfast in pizza form. But it's only available at weekend brunch, so why not? The over-medium eggs and tangy Hollandaise are just what we look for in a great Benedict.



Egg's Benedict
 Flatbread

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802 681-3155

M-F: 7-7, S-S: 8-5

Asian

Sushi

BENTO, 107 College St.,
Burlington, 497-2494

Looking for great grab-and-go sushi? At Bento, the fish and vegetables are adorably fresh; the rice is sweet, fluffy and perfectly cooked. Veggie rolls are \$3, while a spicy salmon-avocado roll tops out at \$6. Not in the mood to go raw? Try a bento box filled with varied Japanese salads, a heaping helping of rice and your choice of protein, from teriyaki and tempura to hamachi collar.

Dim sum

A SINGLE PEBBLE,
183 Bank St., Burlington, 688-8200

Why waste calories on General Tso's chicken when you can taste the rainbow via tons of small plates? Here servers make their way through the room with delicious treats as soon as each emerges from the kitchen. Fluffy buns filled with pork? Why, thank you. Stop whenever you're full — each costs a few dollars. We bet you'll keep going.



Grab and go at Bento

Sweet Treat

Mint chip smoothie

ECO BEAN & JUICE,
661 Pine St., Burlington,
497-2078

Picture the best mint-chocolate-chip shake you've ever had. Now imagine it with made with all-natural ingredients. Not as good, right? Wrong! This healthy smoothie will satisfy your sweet tooth with a base of mint — you won't taste the spinach — mixed with banana, real honey and almond milk. The chips are tiny pieces of cacao — chocolate in its purest form.



Cinnamon bun

MAGLIANERO, 47 Maple St., Burlington, 661-8188

Maglianero is no Starbucks. The high-quality, ethical roasts are reason enough to love this hipster haven. But even if you skip the caffeine, you'll want to glory in the sugar high of the cinnamon bun sold at the counter. Made by Little Sweets, of fine dining restaurant Hen of the Wood, this is everything that you love about Cinnabon, multiplied a billion times. You can also find Little Sweets pastries at Hotel Vermont and the Courtyard Marriott.



PHOTO: JEFFREY STONE

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Food Truck

Asian noodle bowl

LAZY FARMER

Check website for times and locations,
lazyfarmervt.com

The name says it all. When chef Chris Smeard doesn't use ingredients he grows himself, they come from local farmer friends. You'll taste every bit of freshness in this noodle dish. Made with slippery mung bean noodles, it's even Paleo Diet-friendly. Smeard cooks up your choice of meats and local protein and serves it with noodles in a tangy fish sauce accompanied by a salad of tiny tomatoes and herbs.




Crispy duck sandwich with ham and cheese croquettes

THE HINDQUARTER

Check Facebook for times and locations, including the UVM green, 555-7370

How do you make duck even fatter — and more delicious? Fry it up! While chef Luke Stone has been known to stretch his legs with upscale fare such as Indian-spiced morokkfish with pickled cauliflower and mushrooms, bolognese lentils and cucumber raita, most of the sammies on his food truck are gratifyingly unhealthy. No duck? No problem. Try the house-cured pastrami, banh mi or any of Stone's other trans-scratch delicacies. mhj.com





AVEDA

Hey man, get a haircut

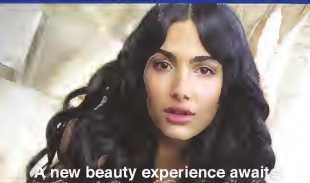
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The X Factor

Where to find fun when you're under 21 By Dan Budles

We're not Gomer Re. Nightlife in Burlington is pretty awesome. But unless you're an upperclassman — or were held back, like, six times in grade school — you're probably not old enough to enjoy our spirited downtown scene. Don't worry, we'll save a beer for you. Here are some spots you can enjoy in the meantime.

Wally Zee.
"Can you be a dad
you're pretty 'killed'!"



TILT ARCADE AND ALE HOUSE

7 Fayette Rd., S. Burlington,
363-6458

Yes, this newly opened arcade is an ale house, and you need to be 21 to enjoy its fine selection of craft beer. But you don't need to be of age to geek out on the classic pinball and cabinet games, such as *Galaga*, *Centipede* and *Ms. Pac Man*. What's that? All of those games were popular, like, 20 years before you were even born? Maybe stick to *Mortal Kombat*, then. Finish here!

242 MAIN

242 Main St., Burlington,
863-2244

Located in the bowels of Memorial Auditorium, this all-ages, substance-free club is often the first stop for high school and college bands looking to break into the scene. It's especially popular with the hardcore and punk crowd, perhaps due to its awesomely dingy aesthetic.



CHAMPLAIN LANES

2630 Shelburne Rd., Shelburne, 965-2576

There's another bowling alley in Colchester, Spare Time, that's bigger and fancier than this one. But we prefer the kind of joint Jeffrey Labowaki would frequent. This family-owned alley has a cozy mom-and-pop feel and entertainment on the weekends. Now if only they had Sioux City sarsaparilla.

RADIO BEAN

2 North Winslow Ave.,
Burlington, 660-9346

This tiny bohemian haunt
is the heart and soul of the
Burlington music scene.

You'd be hard-pressed
to find a local band that
doesn't play here regularly.

The Monday open mic
is the way to try your
musical dues or catch the

next great local songwriter.
Bounce on in every week
for Honky-Tonk Tuesday.

And let your backbones
slip on Thursdays when
R&B diva Kim Wright holds

court with the Indomitable
Soul Band.



DOBRA TEA

80 Church St., Burlington, 951-2424

Do you down Rooibos or White Tip Oolong like it's going out of style?

Do you have any idea what those things are? Whether you're a tea

aficionado or a lupton-swilling newbie looking to expand your horizons

— and maybe your sense of inner peace — Dobrá Tea is the spot for

you. The menu is overwhelming, but the staff is all too happy to help.

And yes, there's kind of a hookah bar vibe, but the sensory-soothing

haze gently wafting above Dobrá's pillow pit is merely incense made

from tea. We're more relaxed just thinking about it.

ESSEX FAMILY FUN & ENTERTAINMENT CENTER

48 Upper Main St., Essex Jct., 672-8858

Navigate the challenging, neonically themed 18-hole mini-golf course.

Or run out the links in your real golf swing at the driving range. We

come for the betting cages, which feature both baseball and softball

pitchers at speeds ranging from slow to Clayton Kershaw.

HIGHER GROUND

12-14 Wilketon Rd., S. Burlington, 652-8777

Higher Ground is the Burlington area's premier music venue. In the

smaller Showcase Lounge, up-and-coming local, regional and national

acts take to the stage. When they graduate to the big time, those

bands can often be found in the neighboring Ballroom alongside major

touring acts such as Diego Bonfante, M. Ward and Alabama Shakes.

MUDDY WATERS

184 Main St., Burlington,
658-0466

Muddy's is great for people

watching by the street-facing

picture window or just sipping lattes

and admiring the woody surrounds

— we prefer the treehouse-esque

booth. However, the café has no

Wi-Fi, so you'll actually have to, like,

read a book or talk to people and

stuff. Think of it as updating your

Facebook status, but face to face.

NECTAR'S

168 Main St., Burlington,
658-4771

Yeah, yeah. This is where Phish got

their start. Just as importantly, the

club is typically 16+ from Sunday

(rogue night) through Thursday

(bluegrass night) — though you'll

have to pay a cover. We think \$5 is

a small price to pay to get a taste of



MERRILL'S ROXY CINEMAS

222 College St., Burlington, 864-FILM

Use your student discount on the regular at this cozy,

family-owned downtown theater, which offers a lively

mix of mainstream and art house flicks, from *Blue Is*

the Warmest Color to *Transformers*. The screens are

smallish, but the popcorn is the best in town, and the

Out and About

You're here. You're queer. Now what? *By Courtney Grier*

Wally Zee,
"Sometimes I get
mistaken for a bear"



Yes, Vermont is one of 13 states where same-sex couples

can get married. But if you're a young gay, bi, lesbian, trans or queer college student you might not be ready to walk down the aisle just yet. Don't worry. There are plenty of places to meet that special guy, gal, or genderqueer hottie. We've compiled a few of them here. Not on this list: your campus LGBTQ group. Be sure to check that out, too.

FIRST FRIDAY

Higher Ground,
1214 Wiliston
Rd., S. Burlington,
highergroundmusic.com

Time to get your groove on! Twisted-toed party people kick off the first Friday of every month on the dance floor at this high-energy gathering. Expect a mix of live music, DJed tunes, drag performances and more.

FINAL FRIDAYS

Oak 45, 45 Main St.,
Winsoold, oak45.com

Inebriants toast the final Friday of each month while sipping their way through an extensive wine, beer and cocktail menu at this boutique bar and lounge. Featuring an eclectic mix of rustic and industrial decor, this local hotspot provides the ideal atmosphere for good conversation and connecting with friends old and new.



Photo: Dan O'Connell/Photo 123



House of Lemay

Photo: Kristin Lunde/Photo 123

HOUSE OF LEMAY

houseoflemayblog.com

The House of Lemay are Vermont's most high-profile and longest-running drag queen troupe — the lovely ladies prefer you not call them "the oldest," above. But they're hardly the only ones. Other local royalty includes Kings Local 802, Major Fice, Queechee George and Jonathan Brakman. You'll likely find all of those performers, and many others, at the annual Winter is a Drag Ball (see page 23), the cold season's hottest party.

PRIDE VERMONT PARADE & FESTIVAL

Sunday, September 14, Battery Park, Burlington, pridevermont.com

Vibrant costumes, performers and eye-catching floats fill the streets of Burlington for the city's annual Pride parade — part of a larger weeklong Pride celebration. It happens in September, not in June or July, mostly so that students like you can attend. Beginning at the south end of Church Street, the procession of lesbian, gay, bisexual, transgender, queer, intersex and allied locals travels to Battery Park for live music, an interfaith prayer service and all-ages entertainment.



OUT FOR THE OSCARS GAYLA

Sunday, February 22, Red Square, 138 Church St., Burlington, outingvt.org

Outright Vermont rolls out the red carpet for its yearly live telecast of the Academy Awards, aka the "gay Super Bowl." Revelers don sequins, feathers, fedoras and movie-themed threads for photo ops and costume contests while celebrating with hors d'oeuvres and cocktails. The proceeds benefit Outright's queer-youth advocacy mission.

PEEP SHOW!

Monthly, Monkey House, 30 Main St., Winooski, monkeyhousevt.com

Produced and founded by Jonathan Brichman and Guinevere George, Vermont's home of queer burlesque presents an ever-changing cast of guest performers who bring themed shows to life. Past celebrations of all things campy have included odes to David Bowie and Freddy Mercury, complete with music from topnotch DJs.

TRANSLATING IDENTITIES CONFERENCE

Saturday, November 1, University of Vermont, Burlington, uvm.edu/~tic

In 2012, the Advocates named UVM one of the top 10 schools for transgender students. The Translating Identity Conference, now in its 10th year, is a big reason why. This free, one-day, student-organized event features guest speakers and workshops about gender identity and self-expression. While specifically aimed at the local trans community, TIC reaches well beyond Burlington. DarkMatter, a queer, South Asian performance and literary arts duo, delivers this year's keynote address.



LGBTQ ORGANIZATIONS

OUTRIGHT VERMONT

241 N. Winooski Ave., Burlington, outingvt.org

In 1989, a Friday night pizza party in Burlington welcomed self-identified queer youth ages 13 through 22. A quarter century later, the meetup hasn't missed a week, and Outright has gained momentum with each passing year. The folks behind the Vermont Drag Idol, the Queer & Allied Youth Summit and other notable events are clearly here to stay.

PRIDE CENTER OF VERMONT

253 S. Champlain St., Burlington, pridecentervt.org

Formerly RU/21 Community Center, Vermont's largest LGBTQ organization was founded in 1998 by two UVM students. These days, it boasts services and support groups ranging from rapid HIV testing to the popular LGBTQ Fiber Arts Group. Gay bi and trans men can join its offshoot GLAM for weekly meetings and social outings that include kayaking and volleyball. outingvt.org

Shop Class

Students get picky about their favorite local stores

By Natalie Williams

Wally Don,
Tide Dumbass



For your average cash-strapped college student,

shopping is all about finding deals. But bargain hunting becomes especially challenging when you're unfamiliar with the hunting grounds. We asked some veteran upperclassmen to help you neophytes navigate the local terrain. Here are their suggestions for scoring secondhand clothes, dorm furniture, a long board and a killer bong, or, glass candleholder. Now go shop 'til you drop.



Earthbound

OUTDOOR GEAR EXCHANGE

37 Church St., Burlington, 888-8198

Kaminski says this expansive, 31,000-square-foot store is the go-to place for all sorts of equipment for your next adventure in nature.

"They have kayaks, skis, clothes and every type of outdoor or hiking gear," he says of the locally owned outlet. "And you can bring your dog!" Woof.

RIDIN' HIGH

2 Pearl St., Burlington, 888-6187

Located across from Battery Park, Ridin' High sells skateboards and longboards, which are very popular among students in Burlington — less so with motorists. The store also offers lessons, which you should take before bombing down Pearl Street.

"I like the guy that owns it," adds Kaminski of storeowner and UVM grad John Van Haezege. "He's really interested in helping out the community." A cautionary note: Van Haezege narrowly survived a 2007 skateboarding accident that landed him in intensive care for a month.

MATT KAMINSKI

Junior, Champlain College

EARTHBOUND TRADING CO.

24 Church St., Burlington, 888-3399

You'll find mood rings, soft lamps, floral wrap skirts and a wall of jewelry at the student-approved clothing and home decor store. The staff also has a thing for owls, though "putting a bird on it" is no 2011.

"I got a couple cool shirts with some awesome designs on them," says Kaminski.

Keep an eye out for buy-one-get-one-half-off sales.



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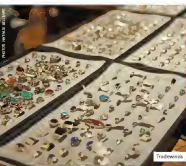


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Tradewinds



KALITHA FLAYTER

Owner, University of Vermont

TRADEWINDS IMPORTS

110 Church St., Burlington, 860-2829

The owners of the store handpick their inventory. They travel abroad and bring back unique jewelry, decorative masks and tapestries from around the world — all of which are reasonably priced.

Flayter appreciates the “wide variety.”

OLD GOLD

180 Main St., Burlington, 864-7766

Need a vintage outfit for Halloween or some other themed event? Head to Old Gold. Rows of clothing, shoes, jewelry and other accessories line the walls of this fun, colorful store.

“They have awesome costume apparel and the staff is always engaging in whatever you’re trying on,” says Flayter, adding, “It’s a great place to get wigs.”

GOOD STUFF

21 Church St., Burlington, 658-6520

This head shop sells adult gag gifts and “tobacco” pipes — wink, wink — in their basement location at the top of Church Street.

Flayter says she loves the variety of the items on offer and the employees at the store. “The staff is always really friendly, helpful and informed.”



Homeport

BEN LANE

Owner, Saint Michael's College

HOMEPORT

52 Church St., Burlington, 863-4644

This locally owned, multilevel Church Street shop contains just about anything you and your dorm room could need: office supplies, furniture, cooking utensils, artsy knick-knacks. It also boasts a large selection of tapestries, a staple for college living in Vermont.

“They have all kinds of stuff to stock up an apartment,” says Lane.

RESOURCE

266 Pine St., Burlington, 316-8157

Nonprofit RESOURCE offers job training and release services, as well as the area’s ultimate used-goods store. From couches to kitchen supplies, there are loads of affordable options here for dorm rooms and apartments.

“They have a lot of great deals on refurbished stuff,” Lane says. “It won’t be brand new, but it will last a while.”

BATTERY STREET JEANS EXCHANGE

7 Marble Ave., Burlington, 865-6329

Located in the vibrant South End Arts District, this vintage, thrift and consignment shop rewards students who make the trek.

“They have really great clothing and vintage old stuff,” Lane says. “You’d be surprised by the prices.” In a good way.

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34 Church Street Marketplace
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98 Church Street, Burlington VT 802.669.4004

CROW BOOKSHOP

14 Church St., Burlington, 862-0848

Crow Bookshop offers an impressively diverse range of new and used books — everything from cookbooks to graphic novels. “They have a really eclectic selection,” Sud confirms.

Plus, you can’t beat the heady but laid-back ambiance created by the creaky wooden floors and Persian throw rugs.

DOWNTOWN THREADS

108 Church St., Burlington, 399-3070

Find funky and cheap clothes at this thrift store beloved by students who are both frugal and fashionable.

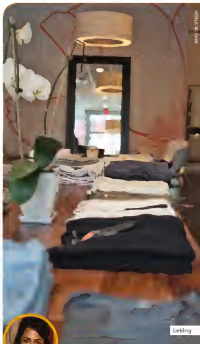
“Downtown Threads is filled with one-of-a-kind pieces,” Sud explains. She notes that her favorite item is a sequin shirt she purchased last year. “I can play it safe or be daring in my style choices.”

TEN THOUSAND VILLAGES

87 Church St., Burlington, 860-3347

This nonprofit store showcases a variety of fair-trade, handmade items from around the world. Often organized by color, the shop offers everything from Tanzanian cat pillows to Peruvian turquoise rings.

“It’s super colorful and filled with unique pieces that are very interesting,” says Sud. “Ten Thousand Villages is the perfect store for Burlington since it is such a globally conscious city.” **avg**



AISHA SUD

Senior, University of Vermont

Liebling

LIEBLING

196 College St., Burlington, 865-1110

You can get essentials and accent pieces at this contemporary women’s clothing boutique. Favoring clean lines and a modern look, the owners import brands from places like Japan and Europe, but always carry American-made denim. “I like the simplicity of the store,” says Sud. “I love neutrals and classic, understated pieces.”



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Round About Winooski

What's good in the Onion City *By Mitchell Manacsek*

Burlington's great, but sometimes you need a change of scenery. Luckily, there's another vibrant cultural and social hub just across the river in Winooski.

The city is named after the Winooski River, which got its name from the Native American word for onion.

Incorporated in 1922, the Onion City was once an industrial mill town overshadowed by Burlington, its well-to-do neighbor. When the woolen mills closed in the 1950s, it struggled to recover.

But now the 'Nooski is in the midst of a dramatic revitalization. In recent years, developers have renovated the old mills and built condos, luxury apartments, a parking garage and student housing such as Spinner Place.



Winooski Roundabout

Winooski, population 7,239, is also home to a sizable number of immigrants and refugees, making it one of Vermont's most ethnically diverse communities.

Both of these trends have given rise to some of the area's best restaurants, many of which are located around Winooski's infamous downtown roundabout.

These days there are plenty of student-friendly spots packed into this 1.2-square-mile city. Here are seven of our favorites.

THE BLOCK GALLERY AND COFFEEHOUSE

1 E. Allen St., 373-5150,
[facebook.com/theblockgallery](https://www.facebook.com/theblockgallery)

As its name suggests, Winooski's principal coffee shop doubles as an art gallery. You can take in work by local artists while enjoying decadent pastries and sipping coffee or tea drinks in one of the sunny window seats. It's the perfect place to write a paper or chat with friends. And here are three words that will change your life: coffee ice cubes.

DHARSHAN NAMASTE ASIAN DELI

212 Main St. • 654-8080

A Nepalese woman and her Vietnamese husband own this four-table eatery, where you'll find delicious and reasonably



Dharshan Namaste Asian Deli

priced pan-Asian specialties. Their tasty wings come in two flavors: hot-and-spicy or sweet-and-sour. For \$3.50, the banh mi sandwich is a great deal. If the line is too long, slip out and order from **Pho Dang**, the no-frills Vietnamese joint across the street.

MISERY LOVES COMPANY

46 Main Street, 497-3559,
miserlyloves.com

Got a hot date? Treat yourself to **Misery Loves Co.** Its two James Beard Award-nominated chefs serve up creative cuisine at both lunch and "supper," though the menus differ. For

lunch, try an artfully made sandwich with a homemade soda and a side of "filthy fries." For dinner, you and your sweetie can order a selection of small plates or split a "Meat & Three" — an order of meat with three sides. The menu changes daily, though it rarely caters to vegetarians. Get gourmet coffee and pastries the morning after at the restaurant's bakery — MLC Bakeshop. It's on the other side of the roundabout.



PHOTO BY JEFFREY M. HARRIS

THE MONKEY HOUSE

30 Main Street, 689-4563,
monkeyhousevt.com

You can shoot pool and shake your lecture hall blues at Winocoll's hippest live music venue. Up-and-coming local, regional and national acts rock out nearly every night in this friendly, intimate room.

WINOOSKI RIVERWALK

Accessible along Winocoll Falls Way, localmotion.org/trails/trail.php?trail=78

You can't see mountains from Winocoll's waterfront, but you can occasionally spot herons, muskrats and beavers. The falls are scenic, too, and the sound of rushing water blocks out the traffic noise. Continue past the falls, beyond where the boardwalk ends, and you'll

wind up under the bridge across I-89, where local graffiti artists surreptitiously stash their masterpieces.

SLOANE MERCANTILE

17 East Allen Street, 399-3610,
sloanemercantile.com

The newly opened resale shop — one of Winocoll's true gems — offers a wide selection of clothing, vinyl, locally sourced art and knickknacks of all kinds. It also hosted



PHOTO BY JEFFREY M. HARRIS

a number of performances during the last Waking Windows, the Orion City's annual spring music and arts festival.

SNEAKERS

BISTRO & CAFÉ

28 Main Street, 655-4081,
sneakersbistro.com

There's a line out the door of this breakfast spot on Saturday and Sunday mornings, and with good reason. Sneakers is known for unique twists on classics such as eggs Benedict and chicken and waffles. The menu includes lunch and lots of vegetarian options. Too hungry to wait? On the weekend check out **Our House** or **McKee's Pub & Grill**, two other tasty, but typically less crowded, Winocoll breakfast joints nearby. **WJ**

Can't get enough of the Noosh?

Giving up Thai, dumplings and mango sticky rice? Over at **Tiny Thai**, they're cooking up some of the best Asian cuisine in the area. tinythairestaurant.net

It'll only take two words to get you into **Mule Bar**. Taco Tuesday. mulebarvt.com

Want to re-enact the spaghetti scene from "Lady and the Tramp"? **Papa Frank's** serves up no-hills Italian on the cheap in a down home atmosphere.

Looking for a late night Sicilian slice or a just spot to catch the game? Try **Denny's NY Pizza and Sports Bar**. Especially if you're a Yankees fan.

Are you a budding wine snob? First of all, get over yourself. Then check your pretentiousness at the door and dig on the voluminous wine list at this boutique wine bar **G&H**.

Students enrolled in Dr. Todd's "What's Brewing in Food Science?" class at UVM should take a look at **Vermont Homebrew Supply**, right next to the **Beverage Warehouse**. vermonthomebrew.com







To Canada

Colchester

I-89 North

Saint Michael's College

Essex

Winooski

Winooski River

University of Vermont

to
BTV
airport

Rte. 100
South

South
Burlington



Vermont
State Map

★ major ski areas



The Great Outdoors



View from Mt. Philo



Looking for a sweet spot to go skiing — or backpacking? From gearing up to getting there, these pages contain everything you need to take advantage of Vermont's many outdoor escapes.

THE AIR UP THERE

As its nickname implies, the Green Mountain State is a haven for hikers of all abilities. Ambitious outdoorsy types can summit massive peaks such as Mt. Mansfield or Camel's Hump. The less athletically inclined will enjoy Mt. Philo State Park in Charlotte. The long, steep trails will get your heart rate up, but a paved access road offers a more leisurely climb; you can even drive up from May through mid-October. However you get there, the top offers unbeatable panoramic views of the Champlain Valley (see page 58).

Outdoor Gear/ Fitness Stores

ALPINE SHOP

1184 Williston Rd., S. Burlington, 882-2314

"Ski today, work tomorrow" is the motto of this locally owned outfitter, housed in a roadside ski chalet that celebrated its 50th anniversary last year. It has everything you need for your alpine adventures — including stylish apris-ski apparel.

BURTON FLAGSHIP STORE

88 Industrial Hwy., Burlington, 886-3200

Respect your elders, especially if they invented your sport. Jake Burton's flagship store is the first stop on any boarder's quest for pow.

CITY SPORTS

35 Church St., Burlington, 881-6300

Athletic types head here for performance footwear, equipment and apparel for running, cycling, swimming, yoga and tennis. The staff will also string your request for ties.

EARL'S CYCLERY & FITNESS

2500 Williston Rd., S. Burlington, 884-8187

This suburban bike shop is all about pedal power. Its May bike swap is the biggest one around.

EASTERN MOUNTAIN SPORTS

100 Dorset St., S. Burlington, 864-0473

Look for climbing, hiking, camping and peddling gear here. They've got burbs, too! Show your student ID for a 20 percent discount on EMS brand items; you get 15 percent off everything else, as long as it's not already on sale.

HONEST YOGA

150 Dorset St., S. Burlington, 487-0136

Channel your inner yogi at flow or core-flow yoga classes — or simply stop by to stock up on mats and clothing.

LULULEMON

31 Church St., Burlington, 860-8732

This shop on the Market place offers "yoga clothes and running gear for sweaty workouts," Huff said.

gearX.com



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The Great Outdoors

THE NORTH FACE STORE © KL SPORT

210 College St., Burlington,
844-4460

Superior service and great outdoor gear — packs, tents, sleeping bags and jackets — are the foundations of this one-stop, locally owned-and-operated shop.

NORTH STAR SPORTS

100 Main St., Burlington, 843-3832

Don't know anything about assembling and tuning up a new bike? North Star will help you get your wheels spinning. It also offers rentals.

OLD SPOKES HOME

332 N. Winooski Ave., Burlington,
843-4475

The self-described "most unusual bike shop on the planet" is the best place in Burlington to find a vintage ride. Its staff tunes anything with two wheels. They sell new stuff, too.

OUTDOOR GEAR EXCHANGE

37 Church St., Burlington, 888-6190

Got gear down and buy or sell convenient gear at this downtown trading post. Its employees offer a wealth of outdoor know-how.

PATAGONIA BURLINGTON

157 Bank St., Burlington, 823-2910

Whether you're going hiking, rock climbing, camping or skiing, Burlington's Patagonia store has got you covered, literally.

RIOIN' HIGH

2 Pearl St., Burlington, 638-6187

Longboarders stock up on gear and accessories at this small but distinctive corner shop. It's covered in graffiti. You can't miss it.

ROYAL CYCLES

155 Maple St., Essex Jct., 871-3160

This rider-owned-and-operated shop is known for its BMX selection. It does tune-ups, too.

SKIRACK

85 Main St., Burlington, 858-3313

SnowSports Industries America has called this the No. 3 ski shop in New England. Skirack is also a capable bike shop with tons of two-wheelers, from BMX to downhill.

WIND&WVS

688 Pine St., Burlington, 548-2529

Yes, Burlington has a surf shop. The city's only exclusive watersports retailer offers access to the wind and waves. Gear up here for windsurfing, stand-up paddleboarding and kiteboarding fun.

YOGARAMA ATHLETICA

100 Main St., Burlington, 633-1454

Owned and operated by a local yoga instructor, this downtown shop stocks yoga apparel and accessories.

Where to Climb

METROCK VERMONT

4 State Wilson Rd., Essex, 878-4500

State-of-the-art rope-climbing walls, bouldering terrain, challenge courses and yoga rooms await you at this new indoor climbing center, the company that owns it also runs centers in Keeneyport and Boston, Mass.

PETRA CLIFFS

105 Briggs St., Burlington, 651-3672

Get vertical at this 15-year-old indoor climbing and bouldering center, or attend its mountaineering school to learn rock, ice and mountain climbing skills you can apply outdoors.

Where to Bike

CATAMOUNT OUTDOOR FAMILY CENTER

582 Cox, Chittenden Rd., Williston,
878-6001

Don't let the "family" in the title keep you away from this 500-acre spread on the outskirts of Burlington. Come here for biking, cross-country skiing and running.

HINESBURG TOWN FOREST

Economou Rd., Hinesburg

Looking for an uphill battle? These 837 acres are loaded with steep climbs and tricky trails for even the most rugged wilderness buffs.

INTERVALE CENTER

180 Intervale Rd., Burlington,
848-6440

In Burlington's urban floodplain, biking and hiking trails wind along the Winooski River to the Ethan Allen Homestead.

ISLAND LINE BIKE TRAIL

This 14-mile trail runs along Lake Champlain from Oakbridge Park all the way to the Colchester country — a narrow, old railroad that extends three miles into the lake. A bike ferry connects you to the Champlain Islands in the summer. Contact Local Motors, below, for details.

KILLINGTON RESORT

4363 Killington Rd., Killington,
432-6200

Take the gondola up and bike down this huge network of trails. It's perfect for all abilities and all types of riding, and you won't repeat the same run twice in a day.

KINGDOM TRAILS

438 Rt. 114 E., E. Burke, 626-0737

It's a bit of a drive, but the Northeast Kingdom mountain biking network is worth the trip. *Orn* magazine calls it "the best mountain biking in the U.S."

LOCAL MOTION

1 Steele St. #103, Burlington,
861-3700

This nonprofit group is the authority on biking through the Green Mountain State. Check out its interactive trail finder at localmotion.org.

HILLSTONE HILL TOURING AND RECREATION CENTER

34 Church Hill Rd., Weststerville,
478-1000

Another destination area, the East Barre bike touring center maintains more than 70 miles of scenic trails, including old granite quarries and "grout" pile lookouts.



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A season pass for anyone ages 18-25.
Prices valid through October 31, 2014.

[BoltonValley.com/
TheSkiBumPass](http://BoltonValley.com/TheSkiBumPass)



The Great Outdoors

SUGARBUSH SKI RESORT

1840 Sugabush Access Rd., Warren,
583-6300

Designed by and for downhillers, Sugabush is earning a good reputation for its varied network of handcrafted bike runs stretching 18 miles.

Where to Chill

BATTERY PARK

1 North Ave., Burlington

This park next to the police station is the best place in town to watch the sunset over the Adirondacks. In warmer weather, you can grab a Michigan hot dog or a greenery from Bunsen's bus.

LEDDY PARK

Leddy Park Rd., Burlington

Enjoy the calm, shallow water on the beach of this family-oriented park in the New North End. In the winter, check out the skating rink for public ice time.

NORTH BEACH

52 Institute Rd., Burlington

Students flock to this popular beach as soon as the mercury hits 40 degrees. Aced 'ems by walking to Texaco Beach, a few hundred yards south — where in-the-know locals go, often with their dogs.

OAKLEDGE PARK

2 Piper Ave., Burlington

You'll have a ball at this beautiful South End park, which is home to tennis, volleyball and bocce courts — and the occasional hapless kickball league. Its picnic pavilions, spacious lawns and clean beach are nice, too.

RED ROCKS

Central Ave., S. Burlington

A wooded oasis just outside the urban bustle of Burlington, Red Rocks Park features gentle — albeit mildly confusing — walking trails, scenic overlooks, a nice beach and the towering Wolf Tree.



Mad River Glen

SHRED LIGHTLY

You're planning to ski or snowboard while you're here, right? Vermont's mountains boast some of the best and most varied terrain in the east. You want more trails than you can ski in a weekend? Try massive Killington. Interested in an Aspen-like vibe? Snows is far for you, fancy points Wood-duck position? Journey to Jay Peak, which gets the most annual snowfall of any ski resort in Vermont. Bumped? Try Grogginskill at Sugabush, baby. And if you're one of those skiers who lost to ground snowboards don't exist, trek to the ultra-challenging, two-plankers-only resort, Mad River Glen. (See page 60)

WATERFRONT PARK

10 College St., Burlington

The crown jewel of Burlington's waterfront district is a destination for sunbathers, treebe and kids enthusiasts, and, in the summer, concert goers. Stroll the scenic boardwalk for a view of the Adirondacks and savor the knowledge that you actually live here — for a few years, anyway.

WINDOSKI RIVER WALK

Downtown Windoski

The Onion City's waterfront isn't quite as scenic as Burlington's, but it's the perfect place for a post-Sneakers or post-Misery stroll. Watch out for beavers, beavers and hipsters!

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The Great Outdoors

Where to Hike & Backpack

CAMEL'S HUMP

Vermont founder Ika Allen initially named this distinctive 4,000-foot mountain "Camel's Hump" in the late 1700s. From the Huntington side, you can go up to the top and make it back to town in time for dinner.

GREEN MOUNTAIN CLUB

4711 Waterbury-Stowe Rd.,
Waterbury Center, 544-7037,
greenmountainclub.org
Vermont's premier hiking advocacy group takes care of the Long Trail and most of the paths that lead to it. If you're looking for maps, advice or a loan-to, start here.

LONG TRAIL

This 270-mile footpath extends from the Massachusetts-Vermont line to the Canadian border, and there are 175 miles of side trails. See the Green Mountain Club, left, for details.

MT. ABRAHAM

At just over 4,000 feet, Mt. Abe is one of Vermont's tallest peaks. A good approach is via Lincoln Gap Road, a side trail in the town of Lincoln.

MT. MANSHFIELD

From a distance, Vermont's tallest peak resembles a human face. But you'll notice steep rocks, tight crevices and even some boulders as you pass near the "forehead," "nose" and "chin." It's a long, strenuous hike up the popular Sunset Ridge Trail, approached from Underhill State Park.

MT. PHILIP STATE PARK

5425 Mt. Philip Rd., Charlotte,
435-2360

Mt. Philip is the perfect high-altitude spot for a picnic with friends. Your less adventurous buds can drive up the 968-foot peak from late May to mid-October.

NIQUETTE BAY STATE PARK

347 Raymond Rd., Colchester,
883-8210

All paths lead to the water at this nearby lakeside park. The trails are relatively flat, too.

SNAKE MOUNTAIN

Located on the Addison-Weybridge town line, Snake Mountain is a leisurely hike at any time of year.

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Time to start the school year in style and on budget. From shirts and jeans to bedding and alarm clocks—Goodwill stores will set you up.

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The Great Outdoors

Where to Ski & Ride

BOLTON VALLEY SKI RESORT

4302 Bolton Valley Access Rd.,
Bolton, 424-3444

Just a half-hour drive from downtown, Bolton is Burlington's closest ski area, and one of the best peaks for night skiing and riding.

BURKE MOUNTAIN RESORT

223 Sherburne Lodge Rd.,
E. Burke, 826-7300

You'll find breath-taking views and good vertical at the home of Burke Mountain Academy, which boasts more than 50 alumni-turned-Olympians.

COCHRAN'S SKI AREA

910 Cochran Rd., Richmond,
434-3479

A family with an Olympic history owns this nonprofit ski area, which has bunny hills for beginners.

JAY PEAK RESORT

830 Jay Peak Rd., Jay, 946-2611

Bundle up — Vermont's chilly northeastern resort has lots of fresh powder and great glaciers. Surf, swim or waterslide at the Pump House Indoor Waterpark when you need to defrost.

KILLINGTON RESORT

4763 Killington Rd., Killington,
423-3333

It's huge. You can ski the steeps for a week and not get sick of it.

MAO RIVER GLEN

57 Scherer Pass Rd., Waitsfield,
486-3551

Its slogan draws you to "Ski it if you can." Whatever you do, don't try to snowboard it; no boarders are allowed. One of only two single-person chairlifts in North America takes you to some of the toughest terrain around.

MIDDLEBURY COLLEGE SNOW BOWL

Rt. 125, Hancock, 443-7600
Yep, Middlebury has their own mountain. It's got three chairlifts and 17 trails.

PICO MOUNTAIN

4763 Killington Rd., Killington,
423-6200

Fifty trails and 252 skiable areas offer moguls, glades and groomed steeps. Each leads back to the base area.

SMUGGLERS' NOTCH RESORT

4323 Rt. 106 S., Smugglers' Notch,
544-8831

Smuggs, on the other side of Mt. Mansfield from Stowe, offers some of the best tree skiing and riding around — not to mention a great terrain park.

STOWE MOUNTAIN RESORT

5781 Mountain Rd., Stowe,
253-3000

Vermont's preeminent alpine resort boasts unrelenting vertebrae, a fully stocked terrain park, a fancy lodge and a first-rate performing arts center. You have to visit at least once before you graduate.

SUGARBUSH SKI RESORT

1040 Sugarbush Access Rd., Warren,
543-6300

Great grooming makes Sugarbush's varied terrain a cut above. Catch some amazing views on Snowball, Jester, Trail Road or Domino.

Where to Work Out Inside

ALL AMERICAN FITNESS & TANNING CENTER

1881 Williston Rd., S. Burlington,
855-3056

BODY RESOLUTION

2069 Williston Rd., #2, S.
Burlington, 656-5600

CORE STUDIO

208 Flynn Ave., Burlington,
862-8656

GREATER BURLINGTON YMCA

- 266 College St., Burlington, 862-9632
- 32 Vaillette Bay Ave., Winooski, 655-9022

FITNESS OPTIONS

1060 Hinesburg Rd., S. Burlington,
863-4848

LADIES WORKOUT EXPRESS

1127 North Ave., #23, Burlington,
862-2500

MARKETPLACE FITNESS

29 Church St., Burlington,
661-6773

ON TRACK HEALTH & FITNESS

1 Main St., #103A, Burlington,
865-2225

PLANET FITNESS

- 30 Community Dr. S. Burlington, 863-8910
- 57 River Rd., Essex Jct., 879-5100

THE REHABGYM

- 257 S. Union St., Burlington, 861-3222
- 605 Roosevelt Hwy., #100 Colchester, 861-0111
- 30 Hawthorne St., Williston, 876-6000

THE EDGE, SPORTS & FITNESS

- 4 Morse Dr., Essex, 879-7734, ext. 1
- 4 Gauthier Dr., Essex, 879-7734, ext. 2
- 75 Eastwood Dr., S. Burlington, 656-0002
- 142 W. Twin Oaks Ter., S. Burlington, 656-0001
- 115 Wellness Dr., Williston, 860-3343

THE WOOLEN MILL HEALTH CLUB

20 W. Canal St., #2, Winooski,
655-2369

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4060 Williston Rd., #121, S.
Burlington, 656-1516 **my**



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FOR A COMPLETE LIST OF FOOD-DRINK OFFERS IN WASHINGTON, VISIT WWW.WASHDCHEAPEATS.COM

Money might be tight while you're in college, but you're still gotta eat. Here's a list of mostly affordable restaurants in and around Burlington. There's nothing too high-end here — just good grub and lots of it. Going out for a nice night on the town? Pick up a copy of *7 Nights: The Seven Days Guide to Vermont Restaurants & Bars*, or check out listings and reader reviews online at sevendaysvt.com.

African

AFRICAN SAFARI STORE AND DELI
78 North St., Burlington, 658-0004
Somali, Jamaican and Middle Eastern foods fill the shelves at this small store, but the main attraction is African stews served with sour injera bread. 🍷

American

AL'S FRENCH FRY'S
1251 Williston Rd., S. Burlington, 658-9303
Even the hand-out fries here are a throwback to the '50s. This retro space also sells corn dogs, cheeseburgers and, in season, creamies. 🍷 🍷

BAYVIEW EATS
37 Abbeyle Rd., Suite 5, Colchester, 652-2444
The chef-made fare at this casual waterfront cafe includes chicken mac and cheese and killer tacos. Make sure to take advantage of the seasonal creamer window. 🍷

BLUESBIRD BARBECUE
317 Riverside Ave., Burlington, 448-3070
Order smoked brisket, pulled pork, ribs and traditional sides at this down-home barbecue joint. 🍷

BIG DADDY'S DELIVERY
177 Church St., Burlington, 663-0000
College students and bar hoppers flock here for late-night wings, slices and subs. Open for delivery til 2 a.m. 🍷 🍷 🍷

New Year's breakfast sandwich



COMFORT FOOD

Looking for a greasy spoon to serve as a home away from home? Try South Burlington's Parkway Diner. The 61-year-old Worcester Lunch Car may look kitschy, but the food is spunkin' fresh and handcrafted from scratch. Try the Worcester burger, topped with apple, bacon and sharp cheddar (see page 72).

CHARLIE'S ROTISSERIE AND GRILL
1160 Williston Rd., S. Burlington, 662-1211
Get your crisp-skinned rotisserie chicken and baby-back ribs with a made-to-order salad. 🍷 🍷 🍷

HALVORSON'S UPSTREET CAFE
16 Church St., Burlington, 658-0278
The burgers here are kind to the wallet and stomach. Enjoy them al fresco on Church Street or on the cool back patio. 🍷

LUCKY NEXT DOOR
163 Cherry St., Burlington, 369-2121
Grab an espresso and bannan bread to go, or settle in with a pressed sandwich and a craft cocktail made with local spirits.

MISERY LOVES CO.
46 Main St., Winooski, 497-3369
The open kitchen dishes out seriously imaginative food, from mario buns and wal tartare to sea-urchin puna pizza. 🍷

OUR HOUSE BISTRO
30 Main St., Winooski, 497-1884
The "twisted comfort food" ranges from fish tacos to mac and cheese with lobster or pulled pork add-ons. Don't miss the fuddies. 🍷

THE SPOT
201 Shelburne Rd., Burlington, 640-1778
This surf-inspired space features heaves rancheros and fish tacos. Dinner served Tuesday to Saturday. 🍷

SWEETWATERS
120 Church St., Burlington, 654-9800
This eclectic bistro has been a Church Street Marketplace cornerstone, mostly, for more than three decades. Try the Kobe-beef burger or bacon-wrapped scallops.

WINGS OVER BURLINGTON
150 Dorset St., S. Burlington, 663-8484
The wings come in 24 flavors, from Winky to Alabamian to the best-selling Honey Barbecue. 🍷 🍷 🍷

Asian

CHINESE

A SINGLE PEBBLE
133 Bank St., Burlington, 665-8200
The mock eat here has been praised on the Eats Network. The "tasting menu" is a great deal for lunch.



🚗 Delivery 🍷 Takeout 📱 College Cash Cards Accepted

FOR A COMPLETE LIST OF RESTAURANTS LOCATED IN NORTHAMPTON, VISIT WWW.BUCKINGHAMSHIRE-CHOC.GOV.UK/7-HEALTHY-EAT-RESTAURANTS-DIR



CHINA EXPRESS

295 Shelburne Rd., Burlington, 865-2155

This restaurant sells a lot of fried dumplings, and General Tso's chicken 🍗 🍲

CHINA EXPRESS: D.M.E.

30 North St., Burlington, 862-8000

Cheese from more than 200 popular Chinese dishes, or create your own vegetarian concoction 🌱 🍲

FU DA CHINESE RESTAURANT

197 Pearl St., Burlington, 864-3863

You can't beat the hours — it's open late every night. Vegetarians can create their own meat-free combos 🌱 🍲

HUNG TAO

1127 North Ave., Unit 23, Burlington, 540-2399

This Chinese joint serves up all the classics: Hong Kong style, plus dumplings and soups from the mainland 🍲

JIN CHINESE RESTAURANT

133 E. Allen St., Winooski, 861-3338

The spicy Sichuan mala dishes are popular at this spot, but so are classic General Tso and crab rangoon 🍲 🍲

PERING DUCK HOUSE

79 W. Canal St., Winooski, 865-7475

The chef at this historic, two-story restaurant recommends the "Tsar Tsar Beef," served sizzling with scallops 🍲

INDIAN/NEPALESE

SHERPA KITCHEN

119 College St., Burlington, 861-0550

The Nepalese co-owners mine family recipes for Himalayan classics such as momos, mild curries, thukpas and stews 🍲

JAPANESE

ASIANA HOUSE

191 Pearl St., Burlington, 861-0618

The vegetarian maki and sushi bar are especially popular at this fusion-style Japanese restaurant 🍲

BENTO

197 College St., Burlington, 487-2494

This Japanese market specializes in the spontaneous segmented lunch boxes. Get them filled with tofu, tempura or a hamachi collar, or sit in the window with made-to-order sushi or sashimi 🍲

HANA JAPANESE RESTAURANT

150 Conant St., S. Burlington, 448-3625

Hibachi-style meals are the main attraction here, but sushi, sashimi and cooked dishes are also on offer 🍲

HI HOUSE

95 St. Paul St., Burlington, 861-0236

Love ramen noodle soup? Don't make it from a package — order one of 17 traditional preparations here, or get a bento box for lunch 🍲

SAN SAI JAPANESE RESTAURANT

112 Lake St., Burlington, 862-2777

The unusual, authentic foods here are largely local — and delicious. Choose from the sushi and small plates for a satisfying meal on the cheap 🍲

SUSHIDO

19 Torr Camera Shopping Center, Williston, 268-8052

Sit down for lunch or dinner, or shop for packaged bean cakes, sushi and assorted Asian groceries 🍲

PAN-ASIAN

99 ASIAN MARKET EATERY

242 N. Winooski Ave., Burlington, 865-0526

Grab a bento rice sandwich, or sit for some stir-fry or noodles. Wash it all down with a bubble tea 🍲

ASIAN BISTRO

25 Winooski Falls Way, Winooski, 865-8833, 621 Conant Way, Williston, 878-8878

Chefs prepare dishes from China, Thailand, Malaysia and Japan. Sample the sushi and sashimi, or try one of the house specialties 🍲

ASIANA NOODLE SHOP

88 Church St., Burlington, 862-8628

Here you'll find comfort food from across Asia. Pick your own broth, noodles and meat to create a huge bowl of soup 🍲

BAMBOO HUT

1130 North Ave., Burlington, 858-4148

A wide selection of southeast Asian bites, from vegetable rolls to pad Thai, is available here 🍲

DIARS HAN NAMASTE ASIAN DELI

212 Main Street, Winooski, 864-8000

Nepalese and Vietnamese dishes are all on the menu. Try the wings and dumplings.

TIAN FU BUFFET

1303 Williston Rd., S. Burlington, 487-3878

This buffet restaurant serves a world of dishes, ranging from sushi to pizza and barbecued squid 🍲

ZEN GARDENS

7 Fayette Dr., S. Burlington, 862-8883

Well-crafted, authentic Sichuan, Cantonese and Taiwanese cuisine is served in the cavernous dining room 🍲

THAI

SUKHO THAI RESTAURANT

21 Essex Way, #218, Essex, 878-2788

Ingredients are never frozen at this homestyle Thai resto. Look for curries and other basics, as well as dishes rarely seen statewide 🍲

THAI DISHES

181 Church St., 448-3215

Burlington's newest Thai outpost sings authentic Thai from the owners of Royal Orchid in Montpelier and Saba Saba in Middletown 🍲

TINY THAI RESTAURANT

24 Main St., Winooski, 855-4555

There's always a line at this cozy little Thai restaurant. BYOB to make it a date that won't break the bank 🍲



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FOR A COMPLETE LIST OF HIGH-CHURN GOURCERS IN NORTHERN VERMONT, CHECK OUT FINEST-AT-GOURCERMAINT.COM

VIETNAMESE

MI-NGHON VIETNAMESE NOODLE HOUSE

370 Shelburne Rd., Burlington, 865-6363

Slurp up pho (Vietnamese noodle soup) or try a rice plate with grilled lemongrass chicken 🍴🍴🍴

PHO DANG VIETNAMESE CAFE

215 Main St., Winooski, 855-8707;

9 Park St., Essex Jct., 878-8888

Go with the pho — or try other enticing noodle and rice dishes. The classic pho ba comes with a pile of flavorful meats 🍴🍴

PHO HONG

325 N. Winooski Ave., Burlington, 865-8031

Enjoy the best pho or the Happy Pancakes — Vietnamese crepes stuffed with shrimp, pork and onions 🍴

Bagels

BAGEL MARKET

30 Essex Whse. Rd., Essex Jct., 873-2616

Everyone you saw the night before will be here grabbing morning grub. The Sunstar will get you through until lunch 🍴

THE BAGEL PLACE

1165 Williston Rd., S. Burlington, 497-2058

Bagel sandwiches here are a cut above. Specialties include the Caprese, made with fresh mozzarella, basil, tomato, prosciutto and balsamic vinaigrette 🍴

BRUEGGER'S BAGELS

63 Church St., Burlington, 660-1995

This national chain is based in Burlington. Get quick coffee, soups and sandwiches on bagels baked fresh all day 🍴🍴

BURLINGTON BAGEL BAKERY

932 Shelburne Rd., S. Burlington, 864-6236

Burlington's first bagel shop makes more than 15 varieties, including Asaga and roasted red pepper 🍴

FELDMAN'S BAGELS

660 Pine St., Burlington, 540-0474

Burlington's newest bagel shop makes 'em New York style. The chicken soup features local chicken and homemade matzo balls 🍴

MYER'S BAGELS

377 Pine St., Burlington, 865-5013

A wood-fired oven bakes Montreal style bagels at this small café. Try them stacked with house-smoked brisket or turkey 🍴

Bakeries & Cafés

AUGUST FIRST BAKERY & CAFE

148 E. Champlain St., Burlington, 540-5060

Pick up freshly baked bread and pastries, or stay for breakfast or lunch made with fresh, local ingredients. But leave your laptop at home 🍴

BARRIO BAKERY & PIZZA BARRIO

261/263 N. Winooski Ave., Burlington, 863-8276

This bakery turns out breads, pastries, loaves and scones — and for lunch, savory stuffed croissants, soups and sandwiches. Pizzo dinners from Thursday to Saturday 🍴

BLUEBIRD COFFEE STOP AT THE INNOVATION CENTER

128 Lakeside Ave., Burlington

The quality coffee gives this spot its name, but localvore sandwiches, salads and baked goods made from scratch keep diners coming back 🍴

BURLINGTON BAY MARKET & CAFE

125 Battery St., Burlington, 664-0110

The waterfront eatery offers gourmet salads, fresh seafood, homemade soups and sandwiches. In warm weather, enjoy a Vermont maple creamee on the outside deck 🍴🍴

CHEF'S CORNER CAFE & BAKERY CHEF'S CORNER — SOUTH END

2121 Essex Rd., Williston, 878-5834; 208 Flynn Ave., Burlington, 660-7111

These rustic-chic cafés have a wide selection of Euro-style pastries, hot dishes and salads priced by the pound 🍴

THE CHUBBY MUFFIN

66 Oak St., Burlington, 540-0050

Start the day with coffee and muffins — savory or sweet — at the Old North End café. For lunch, there's locally sourced snack shack grub, or, in summer, check out the scoop shop 🍴

FIREBIRD CAFE

163 Pearl St., Essex Jct., 316-4266

Owner Jake Truitt's California roots influence the food at this breakfast-all-day eatery. Try the salmon eggs Benedict with poblano cream sauce 🍴

GREAT HARVEST BREAD CO.

362 Pine St., Burlington, 868-2733

Choose from breakfast baked goods made fresh on the premises. Bonus: They give you a free slice of bread just for walking in the door 🍴

LOGAN'S OF VERMONT

36 Main St., Burlington, 488-8835

European-style paninis, soup and pastries are available for lunch at this upscale café, which also sells cookies by the pound 🍴

LUCKY NEXT DOOR

163 Cherry St., Burlington, 399-2121

This Penny Gless offshoot serves these meals a day. Grab an espresso and banana bread to go, or settle in with a pressed sandwich 🍴

MAGNOLIA LISTED

1 Lavon Ln., Suite 10, Burlington, 846-7446

This suburban eatery offers nontraditional spins on traditional food — think lemon-roasted pork chops for breakfast and a garbanzo burger for lunch 🍴

MIRABELLES

196 Main St., Burlington, 658-3674

Homemade loaves and pastries — and daily lunch specials — distinguish this bakery-café. Try the French toast or egg-and-cheese biscuit for breakfast 🍴

MILC BAKESHOP

25 Winooski Falls Way, Suite 110, Winooski, 480-1337

The owners of Meery Loam Co. run this bakery on the other side of the Winooski roundabout. They serve quality coffee and tea, too 🍴

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FOR A COMPLETE LIST OF HIGH-CHURN DRINKS IN NORTHERN WISCONSIN, CHECK OUT 718DRINKS.AT/DAVIDSONBUR.COM

NEW MOON CAFE

150 Cherry St., Burlington, 343-1505

A warm interior and awesome cheddar land this spot a funky elegance. There's a full espresso bar, too, and plenty of room to hang out. 🍷

NUHUNS

130 N. Champlain St., Burlington, 661-2067

Inside this bright café, breads and pastries go straight from oven to plate. The Skaggs — potato skins stuffed with eggs and other fixings — are a hit at breakfast. 🍷

PENNY CLUSE CAFE

168 Cherry St., Burlington, 661-6634

The long lines are a testament to the café's eternal popularity. Try the "quakes" breakfast — two eggs any style, black beans, corn muffins and andouille sausage. 🍷

SNEAKERS NISTRO

28 Main St., Winooski, 665-0040

Weekend brunch at this retro café is legendary, and the daily specials are always eclectic. 🍷

THE SWINGIN' PINWHEEL CAFE & BAKERY

11 Center St., Burlington, 338-5318

Grab a stuffed popover or a "waffle" at this Western-themed bakery. Go down easy with cowboy coffee or a shake. 🍷

Breweries & Tap Rooms

CITIZEN CIDER

318 Pine St., Suite 114, Burlington, 446-3278

On Friday nights, the cidery invites the neighbors for music, ciders and camaraderie. On Wednesdays, \$5 gets you a tall boy of cider and a hotdog.



PINGALA CAFE & EATERY

With an airy, open space and stunning view of the Winooski River, Pingala Café & Eatery offers as much in the way of ambience as it does on the menu. And for vegetarians, it's a veritable paradise, serving dishes made from organic, locally sourced ingredients. In the morning, find espresso, eggplant-biscuits, cauliflower sandwiches and gluten-free pastries. Later in the day, sit down to salads, flatbreads and inspired sandwiches (see page 72).



FIDDLEHEAD BREWING CO.

4300 Shelburne Rd., Shelburne, 369-2004

Beer lovers line up seven days a week for growlers of this brewery's seasonal selections. Take your drink next door for a delicious dinner at Folino's Pizzeria.

MAGIC HAT BREWING CO.

5 Bartlett Bay Rd., S. Burlington, 656-2720

The inside of this brewery feels like a funhouse, and there are always whimsical brews on tap for sampling.

OTTER CREEK BREWING/WOLVER'S CERTIFIED ORGANIC ALES

783 Exchange St., Middlebury, 344-0727

If you're passionate about such as the microbrewery, and Wolverine's Oatmeal Stout is a local alternative to Guinness.

ZERO GRAVITY CRAFT BREWERY AT AMERICAN FLATHEAD

115 St. Paul St., Burlington, 661-2999

One of the perks of eating wood-fired pizza here is sampling the house brews, which are beloved among local hopheads.

Coffee/Tea

BLACK GALLERY & COFFEEHOUSE

1 E. Allen St., Winooski, 373-5150

This coffeehouse-cum-art gallery offers an array of organic coffee drinks — plus gluten-free and vegan pastries. 🍷

SLUESH COFFEE STOP

Corner of College and Church St., Burlington, 660-3420

The baristas at this corner kiosk ensure a quality cup every time, but you can also order breakfast sandwiches, pecan sticky buns and creamies. 🍷

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CORRÀ TEA

80 Church St. (entrance on Bank St.), Burlington, 881-2424

The hot beverage options are vast — and exotic — at this downtown tea-house, where you ring a little bell to call the waitstaff. Lounge on cushions with a pot of Rooibos or Taste of Kashmir 🍵

MAGLIAMERO

47 Maple St., Burlington, 861-3155

The draft-sourced coffees and teas are top at this industrial-chic cafe on the ground level off Karna Birdhouse. Plus: food trucks park out front in summer 🍷

MUDDY WATERS

184 Main St., Burlington, 858-0465

This funky coffeehouse serves a range of organic and fair-trade coffee roasts, creative seasonal cocktails, smoothies and lunches. It's a great place to read or hang out. 🍷

RADIO BEAN

8 N. Woodstock Ave., Burlington, 888-8348

A light menu of bagels, panini and baked goods keep this hip coffee hangout hopping. Check out solar restaurant (Dum? (Dumde) next door for dinner 🍷

SCOUT & COMPANY

237 North Ave., Burlington, 328-0858

Artisan roasts from small farms make up the beverage side of this geo-and-dessert business. Combine coffee with smoked maple-salt, salt ice cream to make an "illegato" 🍷

SPEEDER & EARL'S

104 Church St., Burlington, 885-8838; 412 Pine St., Burlington, 888-8818

Hundreds of caffeine-dependent patrons pass through these local joe joints every day. The one on Pine Street is roomier 🍷



NEW MOON CAFE

Usually dining under a chandelier means a certain level of formality. Not so at New Moon Cafe. The great Italian sparkles over comfy couches, not padded chairs or sets. The furniture is key. The folks at this downtown coffee house and sandwich shop actually encourage carrying out so use the free Wi-Fi — in fact, the cafe was voted "Best Free Public Wi-Fi spot" by Seven Days readers in the 2014 Dayles awards. Sit down for a feast while you write that beer of a paper. Start with a smoothie, then move on to a sandwich or salad. Finish it off with a mild cupcake, available in flavors from classic chocolate to avocado or rose (see page 58).

UNCOMMON GROUNDS

42 Church St., Burlington, 888-8227

Skip Starbucks — the locally owned cafe across the street has great coffee, free Wi-Fi and yummy treats in the dessert case 🍷

Dessert

BEN & JERRY'S

38 Church St., Burlington, 862-8620

Strong-armed employees serve up cones of Chubby Hubby and Cherry Garcia at this iconic scoop shop. Don't miss First-Cone Day held in early spring 🍷

ECO BEAN & JUICE

668 Pine St., 887-2035

This 100-percent organic cafe specializes in bolishing customers with superbods. Look for toasters-sandwiches and salads, as well as creative smoothies 🍷

THE JUICE BAR

48 Church St., Burlington Town Center, Burlington, 777-7188

Take your pick from an array of fresh wiggles and fruit juices, or try a hot drink laced with ground raw-cocoa 🍷

LAKE CHAMPLAIN CHOCOLATES

85 Church St., Burlington, 884-1807; 750 Pine St., Burlington, 884-1807

Order up an espresso or mug of luscious hot chocolate at the Church Street outpost, or head to the Pine Street factory for homemade ice cream and confections galore 🍷

MY LITTLE CUPCAKE

217 College St., Burlington, 883-8330; 4 Camille St., Suite 101, Essex, 872-7676

Got a sweet tooth? Look for quirky flavors here, plus vegan, gluten-free and full-size cupcake choices 🍷

ORANGE LEAF FROZEN YOGURT

832 College St., Burlington, 448-3772

This ho-yo chain is known for its creative flavors, such as wedding cake and pink lemonade 🍷

SOYO FROZEN YOGURT

620 Pine St., Burlington, 540-0851

The small batch frozen yogurt here is made from farm-fresh, local ingredients 🍷

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Delis & Sandwiches

FOUR CORNERS OF THE EARTH

310 Pine St., Burlington, 862-3869

This eatery's unique sandwiches include Jamaican avocado, Cuban pork, Lebanese lamb and Iraqi turkey. Bring cash — they don't accept credit cards. 🍷

KAMPUS KITCHEN

373 Colchester Ave., Burlington, 862-9105

Located between Winooski and UVM, this deli serves inexpensive subs, hoagies and hot specials. 🍷 🍷 🍷

KOUNTRY KART DELI

155 Main St., Burlington, 864-4408

Get the Rise and Shine — everyone else does. This Main Street space is open for 20 hours a day. 🍷 🍷 🍷

THE PINE STREET DELI

316 Flynn Ave., Burlington, 862-9614

Greek specialties are popular at this corner store, as are sausage-and-egg burritos and the "Big Papa Burger." 🍷

RABID DELI

77 Pearl St., Burlington, 865-3266

Stop into this neighborhood grocery for the famous meatball sandwich. 🍷

RED DRUM

140 1/2 Church St., Burlington, 865-5563

Try the namesake sandwich — a combo of turkey, bacon, Granny Smith apples, red onion, sun-dried tomato mayo and maple-smoked cheddar. 🍷 🍷

STACKS SANDWICHES

2 N. Winooski Ave., Burlington, 540-0700

Call it a sub, grinder, hoagie or hero — all the sandwiches here are served on fresh-baked August First rolls with slow-roasted meats or vegan specialties. 🍷

SUGARSHAP AT ECHO

1 College St., Burlington, 864-1848

At this lunch spot made an aquarium, soups and sandwiches are crafted from local, seasonal ingredients. Museum admission is not required to eat. 🍷

TOP OF THE BLOCK SANDWICH SHOPPES

2 Church St., Burlington, 860-0667

The pasties, muffins, cookies, soups and wintertime hot dishes are all homemade at this to-go spot. 🍷

UNION JACK'S

370 Shelburne Rd., Burlington, 862-0626

This family-owned sandwich shop has classic American subs and British specialties such as fish and chips. 🍷 🍷

VERMONT SANDWICH CO.

5685 Williston Rd., Williston, 878-6963

Try the popular "Patrol" — with turkey, stuffing and cranberry sauce — at this local sandwich company with interesting combos. 🍷

WAF'S WEST SIDE DELI

165 E. Allen St., Winooski, 866-0290

This popular St. Mike's hangout has a rock-and-roll theme and Vermont brews on tap. 🍷

WINOOSKI FALLS MARKET & DELI

65 Winooski Falls Way, Winooski, 489-5753

Panini, wraps, burgers and even produce are on the menu — and soups are homemade each day. 🍷 🍷

Diners

ATHENS DINER

48 Highpoint Center, Colchester, 862-3425

Look for Greek specialties made from scratch at this historic Blue Line diner.

HARDY'S LUNCH

34 Maple St., Burlington, 864-5963

Family owned since 1945, this neighborhood diner serves hearty breakfasts, as well as "McI-hardy" sandwiches and Texas hot dogs. 🍷

HENRY'S DINER

155 Bank St., Burlington, 862-9010

This historic Queen City diner still serves breakfast all day in a cozy, retro atmosphere. 🍷 🍷

PARKWAY DINER

1696 Williston Rd., S. Burlington, 862-1155

Barbecue station and quirky specials suit the new owners of this 1950s Worcester Lunch Car.

PEARL STREET DINER

85 Pearl St., Burlington, 862-3320

At breakfast, choose from four kinds of eggs Benedict. At lunch, try the Philly cheesesteak with shaved rib-eye steak. 🍷

Eclectic

ARTSRIOT KITCHEN

400 Pine St., Burlington, 540-0406

At this café made an art gallery, events happen nearly every night. A member of the ArtsRiot Kitchen Collective prepares dinner, with cuisine ranging from Malaysian to Ethiopian. Look for the South End Truck Stop on summer Fridays.

(RU)INH (BUENDE)

10 N. Winooski Ave., Burlington, 860-8046

Sit down for international street food, from chilaquitas to chicken and waffles. Sister nightclub Radio Boon provides a live soundtrack. 🍷

PINGALA CAFÉ & EATERY

1 Mill St., Burlington, 540-9110

This Punjabi eatery has a killer view of the Winooski River — as well as espresso, gluten-free paninis, salads, vegan flatbreads and breakfast sammies served with eggplant bacon.

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REVOLUTION KITCHEN

9 Center St., Burlington, 448-3657

This vegetarian restaurant offers Asian-inspired dishes crafted from Vermont ingredients 🌱

THE SKINNY PANCAKE

60 Lake St., Burlington, 448-0188; 1200 Airport Dr., South Burlington, 487-0853

At this popular canteen, the "Love-maker" combines strawberries and Nutella. Locavore salads, soups, fondue and espresso drinks are also on the menu 🌱 🍷

STONE SOUP

211 College St., Burlington, 582-7818

This cafe-bakery has soup, sandwiches and daily hot dishes featuring veggie-friendly fare and local produce 🌱

Euro/Mediterranean

AHLI BABA'S KADOB SHOP

163 Main St., Burlington, 662-5782

You can get piro, pites and kollel at this Middle Eastern spot. The window tables are perfect for people watching 🌱 🍷

CAFÉ MEDITERRANEO

17 Park St., Essex Jct., 878-0333

The Bosnian-born owner serves up Greek gyro, piro, kollel and cevapli sausages — plus burgers, fries and wigs. Try the baklava 🌱

DAS BIERHAUS

175 Church St., Burlington, 661-0600

This German joint offers authentic Old World sausages, a selection of schnitzels and homemade spätzle 🌱

Italian/Pizzerias

AMERICAN FLATBREAD BURLINGTON HEARTH

115 St. Paul St., Burlington, 661-2209

Flatbread topped with local and organic ingredients cooks before your eyes in an open, wood-fired oven. They brew their own beers, too 🌱

BOVE'S RESTAURANT

68 Pearl St., Burlington, 664-6651

The prices at this art-deco eatery haven't changed much since it opened in 1941. The lasagna has been featured on the Food Network 🍷

DOHNY'S NY PIZZA & SPORTS BAR

22 Main St., Winooski, 655-7666

Memorabilia from the Big Apple decorates the walls, while customers indulge in a variety of Sicilian pies 🍷 🍷 🍷

HOMAGE'S PIZZA & PASTA

112 Center Rd., Essex, 879-4694

The homemade, Italian-inspired food ranges from calzones, subs and pasta to pizza with 22 toppings 🍷

JUNIOR'S DOWNTOWN/JUNIOR'S ITALIAN

176 Main St., Burlington, 662-1234

65 S. Park St., Colchester, 655-0560
Get New York style pizza, baked pasta dishes and Italian pastries. For a sit-down dinner, try the Junior's in Colchester 🍷 🍷 🍷

KENT'S PIZZA AND PUB

71 Church St., Burlington, 662-3336

No walk downtown is complete without the smell of Kent's Pies — the exhaust fan vents right onto Church Street 🍷

LA BOCA'S WOOD FIRED PIZZERIA

1127 North Avenue, Salt 31, 662-399-2396

This North Avenue pizzeria focuses on local, from taps featuring subs from key microbreweries to pizzas topped with local veggies, cheese and meats 🍷

LEONARDO'S PIZZA

63 Pearl St., Burlington, 662-7700;

1160 Williston Rd., S. Burlington, 661-8000

The pies are creative at this pizza delivery service — try the Roasted Maine Potato or Gail Cheese Honey 🍷 🍷 🍷

MANHATTAN PIZZA & PUB

987 Main St., Burlington, 666-6776

With all-you-can-eat specials, pool and live music, this is a consummate college hangout 🍷 🍷 🍷

MIMMO'S PIZZERIA

4 Commercial St., Essex Jct., 386-9494

Here you'll find Italian classics such as pizza, pasta or the popular balsamic chicken salad 🍷 🍷

MR. MIKE'S

206 Main St., Burlington, 664-0872

Pizza and arcade games keep college kids coming back for lunch, dinner and late-night snacks 🍷 🍷 🍷

PARADEA PIZZA

457 St. Paul St., Burlington, 540-6767

The names are as creative as the pies at this pizza place with an "organic state of mind." Sample a slice of Homage to Gorb or the Vermont Intervale Ghosts 🍷 🍷

PAPA FRANK'S

63 W. Center St., Winooski, 655-2423

Choose from a menu of classic pasta dishes at this homey neighborhood restaurant. You'll leave with leftovers every time 🍷 🍷

PASCOLO RISTORANTE

63 Church St., Burlington, 487-1613

The cuisine here is handmade Italian, but the ingredients are focused on Vermont. Fresh pasta, sausages, antipasti and wood-fired pizzas are all crafted in-house

PIZZA PUTT

1235 Airport Hwy., S. Burlington, 662-7666

Come in for homemade pizza — with or without laser tag, bumper cars or mini bowling 🍷 🍷 (Cash Cards accepted in the restaurant only)

PIZZERIA VERITÀ
156 St. Paul St., Burlington, 485-5644
The oven here quickly blasts thin-crust pies topped with San Marzano tomatoes, housemade mozzarella, local veggies and meats 🍕

SOFIA'S PIZZERIA
1323 North Ave., Burlington, 683-3666
The mainstay of this pizzeria is thin-crust slices, but the eclectic offerings also include calzone and chunky salads 🍕

THREE BROTHERS PIZZA & GRILL
973 Rochester Hwy., Colchester, 685-5560
The emphasis is on local ingredients at this family-owned pizza and sandwich spot 🍕🍷

UNCLE TONY'S PIZZA
360 Dorset Street, S. Burlington, 864-5332
The passed-to-older-cannoli are renowned at this locally owned pizzeria, which does delivery and takeout only 🍕🍷

Market/Co-op

CITY MARKET
82 S. Winooski Ave., Burlington, 863-3839
Get a grab-and-go meal at this high-quality food co-op — or pull together your own from the hot and cold bars 🍷

HEALTHY LIVING MARKET AND CAFE
222 Dorset St., S. Burlington, 863-3949
This cafe, buffet and salad bar often plays organic ingredients to fuse world cuisines. Pans, eclectic prepared meals and pastries are available, too 🍷🍷

Mexican

BOLOCO
92 Church St., Burlington, 654-9771
Get burritos without the guilt at this mini chain, which features humanely raised meats or seasoned tofu 🍷🍷

BUENO Y SAÑO
213 College St., Burlington, 864-9900
Oversize quesadillas and burritos burst with fresh ingredients, including barbecued chicken and garlicky spinach 🍷🍷

EL CORTADO TAQUERIA Y CANTINA
189 Bank St., Burlington, 497-1668
This farm-to-table taqueria inside a dining car serves traditional tacos, appetizers and “wicked fly” margaritas 🍷

EL GATO CANTINA
169 Church St., Burlington, 540-3095
Tacos and quesadillas share the menu with traditional dishes such as pozole, tamales, barbacoa and chila (Mexican grilled corn). Thirsty? Try a guava margarita with one of 80 liquors 🍷

MADERA'S RESTAURANTE MEXICANO CANTINA
180 Battery St., Burlington, 657-3377
Authentic specialties here include smoo con pollo and pescado toroncho 🍷

MOE'S SOUTHWEST GRILL
1150 Williston Rd., S. Burlington, 660-4000; 85 Rte. 84, Williston, 879-3005
You can eat your Home Wrecker burrito at this “fast-casual” Tex-Mex spot, or take it home — if you dare 🍷🍷

NEW WORLD TORTILLA
606 Pine St., Burlington, 665-1058
The soft tacos are homemade here. Try the classic beef burrito or this chicken wraps 🍷🍷🍷

Pubs

BANANA WINGS CAFE AND PUB
1 Towne Marketplace, Essex Jct., 879-6752
Sample the homemade chili at the pub, which features live music and a monthly open mic night 🍷

CHURCH STREET TATERN
183 Church St., Burlington, 654-1309
Here, college students and professional snack on wings and sweet-potato fries while enjoying the game 🍷

THE BARNHOUSE TAP & GRILL
160 Bank St., Burlington, 859-0866
Look for local burgers, homemade chutneys, comfort food and innovative specials at the gastropub located in a former McDonald's.

MCKEE'S PUB & GRILL
19 E. Allen St., Winooski, 855-0048
The burgers and fries are favorites at this simple pub. Brunch is fancier, with strawberry white chocolate pancakes on the menu 🍷🍷

MULE BAR
38 Main St., Winooski, 369-2626
Wash down seasonal pub dishes — beef cheek tartare, ramp soup, and pasta with pork ragout and fennel pollen among them — with an eclectic array of beers.

MOCTART'S
188 Main St., Burlington, 626-4771
The birthplace of Phish, this local landmark hosts local, regional and national music acts. The dining room serves up slices and world-famous gravy fries 🍷

RE RE RISH PUB & WHISKEY ROOM
123 Church St., Burlington, 860-6401
This authentic Irish pub has a full menu and live music every weekend. An adjacent whiskey room serves up single-malt scotches and local craft brews 🍷🍷

RUBEN JAMES
109 Main St., Burlington, 864-8344
Catch dance, hip-hop and R&B DJs throughout the week, or sports on the TVs. Sog the award-winning wings or a burger 🍷🍷

SPANKED PUPPY PUB
116 Main St., Colchester, 878-6440
Fruit de mer are a constant at this local pub, try the seafood bisque at lunch or seafood omelette during weekend brunch. No lunch Sunday.

TET CLASSIC ARCADE & ALE HOUSE
7 Fayette St., South Burlington, 253-8458

Loosely burgers and perch tacos will fill you up, but the main attraction here is the arcade, featuring vintage pinball and cabinet games.

VERMONT PUB & BREWERY
144 College St., Burlington, 865-0500
Vermont's first brewpub was founded by the late Greg Noonan, a microbrewing legend. The patio is packed on sunny days, and the taps always pour interesting flavors. 



Nightlife



ArtisRiot



Music, movies, dancing or drama — take your pick. There's a little bit of everything in this directory of Burlington's evening entertainment. For our favorite 18+ spots, see "The X Factor" on page 38.

Live Music/DJs

24/2 MAIN

242 Main St., Burlington, 862-2244
This all-ages, substance-free venue is the best place to go for an introduction to Burlington's hardcore punk underbelly.

ARTSRIOT

486 Pine St., Burlington, 240-0406
The multiuse performance space, gallery and restaurant is the epicenter of the revitalized South End Arts District and regularly features live bands of both national and local renown.

CLUB METRONOME

188 Main St., Burlington, 865-4563
Club Metronome has long been one of Burlington's most popular venues, with live music or DJs nearly every night. Occasionally 21+.

FLYNN CENTER FOR THE PERFORMING ARTS

153 Main St., Burlington, 862-8466
The 1,411-seat Flynn MainStage is the area's premier performing arts venue for world-class dance, theater and music. The intimate black-box FlynnSpace next door hosts experimental and local shows.

HIGHER GROUND

1214 Williston Rd., S. Burlington, 652-0777
Higher Ground hosts a constant stream of big-name music touring acts on the palatial Ballroom stage. The adjacent Showcase Lounge features up-and-coming talent.

JUNIPER

41 Cherry St., Burlington, 651-0060
Creative cocktails and a sleek, retro-chic design make this bar at the ritzy Hotel Vermont a prime destination when you want to class up your act. In warmer months, chill on the outdoor patio by the fire pit.

THE RIOT ACT

Burlington's South End has undergone a revitalization in recent years, fueled by an increasing number of new restaurants, shops and galleries along the Pine Street corridor, many of them serving the 800+ employees at booming tech company Dealer.com. The area has even garnered a rally, it's slightly over-ambitious new neighborhood designation as the South End Arts District. At the heart of it all is Pine Street's funky ArtsRiot. Its motto, "Destroy Apathy," hints at the space's multi-purpose nature: it's an art gallery, eclectic restaurant with revolving chefs and a major live music hotspot (see listing, left).



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Nightlife

LEUNG'S BISTRO

115 Church St., Burlington, 443-3709

If you're looking to impress the object of your affection, this French bistro promises "the panache of Paris." There's live, mellow jazz two nights a week.

MEMORIAL AUDITORIUM

250 Main St., Burlington, 864-6044

The acoustics suck, but it's the venue of choice for stadium-playing acts such as Skillet, Bonerector and Rush.

NECTAR'S

166 Main St., Burlington, 658-4771

This House That Pish Built has live music seven nights a week. 18+ on weekdays.

ON TAP BAR & GRILL

4 Park St., Essex Jct., 878-3309

Enjoy live rock, blues, country or kick most nights of the week. Local favorites such as the Rhythmic Rockets play until last call.

RADIO BEAN

8 N. Winslow Ave., Burlington, 660-8386

If venues such as Nectar's and Higher Ground are the lifeblood of the local music scene, this cozy hipster haunt is its beating heart. Though small in stature, the Bean is Burlington's musical melting pot.

RASPUTIN'S

163 Church St., Burlington, 664-8024

DJs play this popular college hangout three nights a week. Pool and TVs entertain anyone who doesn't feel like dancing. 21+ on the weekend.

RÍ RÁ IRISH PUB

123 Church St., Burlington, 660-9401

Designed using salvaged pieces of a 19th-century Irish pub, the restaurant regularly features live music or DJs. 21+ after 9 p.m.

SIGNAL KITCHEN

71 Main St., Burlington, 399-2337

This hipper-than-hip recording studio and nightclub hosts heavy-hitting musical acts both imported and domestic. Be warned: There is no sign out front so you have to be cool enough to know where it is. As always, when in doubt, ask a hipster.

THE SKINNY PANCAKE

69 Lake St., Burlington, 540-0886

Folk music and crapes — what's not to love? Get some of each most Thursday through Saturday nights.

SPEAKING VOLUMES

377 Pine St., Burlington, 540-0107

This eclectic secondhand shop doesn't host regular gigs, but its infrequent shows are worth waiting for. It also sells records — yes, vinyl.

TILT CLASSIC ARCADE AND ALI HOUSE

7 Fayette Drive., Burlington, 363-6456

This newly opened barcade features dozens of old-school pinball machines and classic arcade games, including Pac-Man, Galaga and Centipede (ask your parents). A full bar serves up local beers and tasty pub grub.

21+, I.D. Required

AKES' PLACE

134 Church St., Burlington, 664-8111

This classic college-town watering hole — with pool, darts and sports — was your older brother's favorite bar when he was in school here. It might be yours, too.

BACKSTAGE PUB

69 Pearl St., Essex Jct., 878-6494

Local rock bands live up the stage on weekends. Friday is karaoke night.

CITIZEN CIDER

316 Pine St., Burlington, 448-3278

Try the full array of CC's delicious ciders in this spacious and lively tasting room. We recommend the whiskey-odor cocktail, which for \$8 is maybe the best deal in town.

CR'S SPORTS BAR

12 Malletts Bay Ave., Winooski, 655-0542

This traditional tavern — frequented by St. Mike's students — boasts a long wooden bar, a large outdoor deck, nightly drink specials and flat-screen TVs as far as the eye can see.

GAS BIERHAUS

175 Church St., Burlington, 661-0900

Yes, the waitresses wear duds. But this Old World eatery also serves an impressive array of German brews and boasts the city's only rooftop beer garden.

GRUB

135 St. Paul St., Burlington, 660-0463

With a wide variety of mixed cocktails, beer and house-infused vodkas, Grub lives up to its name. Grab a board game and kick back on this swirly black leather couches.

ESDR

194 Main St., Burlington, 662-7314

Townies, punks and hipsters coast peacefully around Burlington's most awkwardly placed pool table. Home of the PB Army.

THE FARMHOUSE TAP & GRILL

160 Bank St., Burlington, 658-0666

Come for the amazing burgers, stay for the cozy basement speakeasy featuring an eclectic assortment of fine microbrews. In winter, secure a spot by the fireplace. In summer, back outside in the beer garden.

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Nightlife



DIVE RIGHT IN

Sometimes you wanna go where everybody knows your name. Other times, you wanna go where no one cares. In the latter case, there's no better place than the **Other Place** — aka the OP — one of Burlington's great dive bars. In warmer months, sit at the street-facing window and watch the world go by whilst sipping — OK, maybe chugging — cheap pitchers of F&B (see listing, right).

FINNIGAN'S PUB

295 College St., Burlington,
854-8200

For years just a run-of-the-mill locals bar, Finny's has upped its game with a great craft beer list and music on the weekends. Even with the clatter overseas, it retains its cozy charm. Also, Philadelphia Eagles fans, this is where you should be on Sundays.

FRANNY O'S

733 Queen City Park Rd., S.
Burlington, 853-3900

Pool tables, dart boards and TV screens abound at this 'lively local' hangout. But it's far enough from campus that you'll need a ID or cab fare handy. Live music and karaoke on weekends.

HALFBUNDE SPEAKEASY

136 1/2 Church St., Burlington,
854-8872

The Half is a good place to catch the area's liver turntables unleashed in an intimate setting. Singer-songwriters play this cozy, upscale rock earlier in the evening.

JP'S PUB

130 Main St., Burlington, 858-6368

If it's karaoke you seek, look no further. This classic dive serves up wareside rock standards at least three nights a week.

MANHATTAN PIZZA & PUB

167 Main St., Burlington, 858-4376

Just behind the drunken hordes that gather on the corner of Church and Main at 2 a.m. on weekend nights sits this cozy and usually low-key college hang. It's noted for a solid rascalow collection, good pub grub and local bands on the weekends.

MCKEE'S PUB & GRILL

18 E. Allen St., Winooski, 855-6046

Grab a beer and sit outside to watch drivers royally misunderstand Winooski's traffic circle. The weekly drink specials are casual.

THE MONKEY HOUSE

30 Main St., Winooski, 855-4563

The hippest joint in the Onion City features cozy couches, pool tables and the most consistently excellent lineup of local, regional and national indie music this side — or that side, really — of the Winooski River.

MALE BAR

38 Main St., Winooski, 388-2020

Thoughtfully sourced beers and interesting bar bites are the backbone of this hipster-chic watering hole.

MAK-15

45 Main St., Winooski, 448-3740

This boutique bar in the heart of Winooski has an epic wine list and upscale decor, but none of the snootiness you might expect.

O'BRIEN'S IRISH PUB

348 Main St., Winooski, 338-4678

The pub's as welcome as this Honey Nook nightspot, formerly a private club known as the Raccoon Lodge, where you can order a beer and feed the woodstove at the same time. Yes, really.

BLUE NORTHBENDER PUB

23 North St., Burlington, 854-8888

Owner Bob Beavers describes this true neighborhood watering hole as "the best damn make-your-fool-at-home bar."

THE OTHER PLACE

4 N. Winooski Ave., 853-8800

The OP is the crown-cube acornium of Burlington dives. The music is sundown and usually loud. Don't complain. Just enjoy it. Also, popcorn.

RED SQUARE

136 Church St., Burlington,
858-8808

Bands play almost nightly inside this hip club and the adjacent alley. Dis stop after 10 p.m. most nights. Check out the Red Square Blue Room for bumpin' EDM on the weekends.

RUDEN JAMES

150 Main St., Burlington, 854-0744

Sports bar by day, swanky dance club by night. Try the food — e.g., 40-cent wings every day of the week. You'll be surprised — in a good way.

THREE NEEDS

185 Pearl St., Burlington, 858-8888

Stop in for some serious pool (there's two tables) at this bar and brewery — or play arcade games to an eclectic mix of the bartender's favorite tunes.

VENUE

5 Market St., S. Burlington, 338-1057

The newish juke joint serves up a mix of local, regional and, on occasion, nationally touring acts. And sometimes make six piers.

VIN BAR & SHOP

128 College St., Burlington,
887-2015

This elegant wine bar serves 25+ eclectic wines by the glass, plus small plates of cured meats and cheeses.

WHAT ALES YOU

152 St. Paul St., Burlington,
862-1364

It's always crowded and dark and has a well-earned rep as a low-grade meat market. But you'll willingly come anyway for the cheap beer and cheaper neckups. You've been warned.

THE WHISKEY ROOM AT M RA THE IRISH PUB

170 College St., Burlington,
860-8401

It's a room. With whiskey. Actually, it's a really nice room, with really nice whiskey — 150 regular and rare blends. Careful now.

ZEN LOUNGE

165 Church St., Burlington,
399-2645

This new joint caters to the young professional crowd. But the mix of live music and DJs, and the breezy Asian atmosphere, appeals to drinkers of any Regal's age.

Movie Theaters

ESSEX CINEMAS

21 Essex Way, #300, Essex Jct.,
879-8543

Stadium seating, a bar, an arcade and a nearby outlet mall distinguish this mainstream movie house.

MAJESTIC 10

190 Barnwood St., Williston,
878-5390

Curly chairs and stadium seating make this multiple majestic. Plus, there's an escalator! You don't see them too often in these parts.

MERRILL'S ROXY CINEMAS

222 College St., Burlington,
884-FILM

Burlington's downtown movie theater shows indie flicks and mainstream fare in a pedestrian-friendly location.

PALACE 9

99 Fayette Rd., S. Burlington,
884-8610

One of the most affordable movie theaters around, the Palace offers up blockbusters and some indie, too.

SUNSET DRIVE-IN THEATRE

155 Porters Point Rd., Colchester,
862-1600

The Burlington area's only drive-in theater usually opens in April and closes in October, which should give you enough time to take in at least one double feature. Bring bug spray. **veg**

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Arts & Culture



You can't walk a block in Burlington without bumping into original art — nearly every store and café has some on display. Here's a list of gallery destinations, along with a few of our favorite cultural attractions. They're worth a visit, especially if your parents are in town. Find current shows and receptions each week in *Seven Days*, or at sevendaysvt.com.

Art Galleries

AMY E. TARRANT GALLERY, FLYNN CENTER FOR THE PERFORMING ARTS

153 Main St., Burlington, 802-4860
Peek in the plate-glass window on Main Street to see if you're interested in the latest show, displayed just off the Flynn's main lobby.

THE S.P.A.C.E. GALLERY

Mingle with the Burlington art crowd at the S.P.A.C.E. Gallery, an eclectic, anything-goes gallery and studio. 1001 South Street at the South End Arts District. Located at the rear of a building on South Street, S.P.A.C.E. — that stands for Supportive and Alternative Creative Expression — has a wide range of exhibits, including the Creative Customs, STW — showcasing both established and up-and-coming artists in monthly shows, with opening receptions and other arts-themed post-event cocktails with the First Friday Art Walk. If you're an artist yourself, submit a piece to the Creative Competition exhibit in the S.P.A.C.E.'s Backspace Gallery for a chance to win cash prize and a featured spot in the gallery (see page B4).

ART'S ALIVE @ MAIN STREET LANDING

1 Main St., Burlington, 804-1537

This gallery's based in a former train station — check out the metal monkey sculptures on the roof.

ARTSRIO

400 Pine St., Burlington, 540-0408

This popular local destination also has a gallery and arts events.

BCA CENTER

135 Church St., Burlington, 802-7165

This retro brick building used to be a fire station. Now it presents contemporary art exhibits, classes and the occasional indie music show. Don't miss the Vermont Metro Gallery on the fourth floor.



FLYNN 14/15

Power to the People
xfinity

Pink Martini (photo left)

Las Lobos

Chicago Sketch Comedy: *Second City* (photo above)

Aspen Santa Fe Ballet

Marcus Roberts & Modern Jazz Generation

Sam Green & Yo La Tengo

Del McCoury Band Sings Woody Guthrie

Martha Graham Dance Company

Sweet Honey in the Rock

Broadway National Tour: "Sister Act"

"A Christmas Carol"

Camille A. Brown & Dancers

"Grease" Sing-A-Long-A

Terri Lynne Carrington

"Schoolhouse Rock Live!"

Gregory Porter

Lily Tomlin

Shantala Shivalingasappa

Broadway National Tour

"Nice Work If You Can Get It"

Natalie MacMaster and Densell Leaky

St. Patrick's Day with Eileen Ivers

The Acting Company: "Macbeth"

The Nile Project

Broadway National Tour

"Peter and the Starcatcher"

Miwa Matroyak

African Children's Choir

Gilberto Gil

Ukulele Orchestra at Great Britain

Ira Glass, Monica Bill Barnes, Anna Bass

Broadway National Tour: "Anything Goes"

Wendy Whelan

Cirque Mechanics: "Pedal Punk"

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WINDSOR Y 32 Mallards Bay Avenue
gbymca.org 862-YMCA



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FLYNNCENTER

www.flynncenter.org

153 Main Street, Burlington, VT | 802-86-FLYNN (flynnchapel)





Arts & Culture

THE BLOCK GALLERY & COFFEEHOUSE

1 E. Alice St., Winooski, 373-5150
Sip a Mexican Mocha from the cafe while sipping out the work of Vermont artists and artisans.

DARKROOM GALLERY

12 Main St., Essex Jct., 777-3686
Shutterbugs flock to this art space devoted to photographers. See their snaps, then learn to improve your own in classes and seminars.

DAVIS STUDIO GALLERY, SEABA CENTER

404 Pine St., Burlington, 369-0972
Take a Saturday Sampler Workshop in mosaics or painting, or check out the regular shows hosted by the South End Arts and Business Association. Its sister location — the Davis Studio at 4 Howard Street — around the corner — hosts even more classes.

FLYNNDOG GALLERY

208 Flynn Ave., Burlington, 663-4344
This funky community art space has nothing to do with the Flynn Center. Feast your eyes, then your stomach, Chef's Corner Café & Bakery — South End is located here, too.

FROE HOLLOW VERMONT STATE CRAFT CENTER

85 Church St., Burlington, 663-6458
This Church Street boutique exhibits and sells high-end, locally made arts and crafts. Go here when you need to buy a gift for your mom.

HAWDC GALLERY

37 Sears Ln., Burlington, 800-439-1868
The working studio of artist Bruce McDonald, just off Pine Street, exhibits his metal wall pieces along with works by other contemporary artists.

THE KARMA BIRD HOUSE GALLERY

47 Maple St., Burlington, 661-3158
Located in a 1916 post industrial building, this uber-cool space has it all: contemporary art, squishy armchairs, communal guitars and artisan brews from Maglenore Café.

LEFT BANK HOME & GARDEN

127 Bank St., Burlington, 862-1001
An artisan home store with regular exhibits of local painters — likely to become your mom's new favorite store.

MARK BOEDGES FINE ART GALLERY

196 Battery St., Burlington, 735-7320
Mark and Rebecca Boedges show his richly layered landscape and still-life paintings, as well as high-quality representational work by other local artists.

MONTSTREAM STUDIO

129 St. Paul St., Burlington, 663-4752
Landscape painter Kathleen Montstream showcases her pastoral scenes in this gallery across from Burlington City Hall Park.

NEW CITY GALLERY

132 Church St., Burlington, 355-5440
Located above Asa's Place on Church St., this gallery has a monthly folk music night and arts events in addition to exhibits.

NORTH END STUDIOS

294 North Winooski Ave., Burlington, 663-4713
The Old North End community hub has a gallery space with monthly art shows, plus live classes, music and more.

THE S.P.A.C.E. GALLERY AND STUDIO COLLECTIVE/BACKSPACE GALLERY

288 Pine St., Burlington, 578-2512
Tucked right behind Conant Metal & Light in the Soda Plant building, this shop is home to working artists' studios and a large exhibition area. The Backspace Gallery hosts a creative competition for artists during every First Friday Art Walk.

VCAM STUDIO

208 Flynn Ave., Burlington, 661-0682
SEABA curates all sorts of eclectic art at this public-access cable studio adjacent to the Flynndog. It also hosts free workshops on video production and digital cinematography.

VINTAGE INSPIRED LIFESTYLE MARKETPLACE

180 Flynn Ave., #2, Burlington, 488-5766
This multidealer shop sells antiques and exhibits contemporary local art. Much of it is, as the name implies, vintage-inspired.

Museums & Cultural Attractions

BEND LAKE AQUARIUM AND SCIENCE CENTER/LEAHY CENTER FOR LAKE CHAMPLAIN

1 College St., Burlington, 664-1640
You won't find any tropical fish at this waterfront science center — it showcases plants and animals that live in Lake Champlain. There are some monstrous, 40-pound lake sturgeon, though.

FLEMING MUSEUM, UNIVERSITY OF VERMONT

81 Colchester Ave., Burlington, 658-0750
This university museum has a dazzling marble foyer and boasts 25,000 art objects in its extensive permanent collection. It hosts special exhibitions, too, and a free with your student ID. Score.

SHELBURNE FARMS

1611 Harbor Rd., Shelburne, 365-0886
Wander the barns, dairy, bakery and cheesemaking operations — or pet the sheep at this 1,400-acre working farm and nonprofit environmental-education center.

SHELBURNE MUSEUM

6000 Shelburne Rd., Shelburne, 665-3346
Vermont's famous folk-art museum has the coolest exhibition buildings around, including a fully restored, 230-foot passenger steamboat that once plied the waters of Lake Champlain. The Pizzagalli Center for Art and Education has year-round shows, events and classes. [vug](#)

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Shopping & Services

Looking for groceries, fresh threads, vintage furniture or a spiffy new 'do? Here's a rundown of generally affordable shops, salons and spas in and around Burlington where you can spend your work-study cash — or run up the bill on your parents' credit card.

Art Supply Stores

ARTISTS' MEDIUMS

300 Comenore Dr., Wilson, 879-1236

BOUTILIERS ART CENTRE

154 College St., Burlington, 864-5475

CREATIVE HABITAT

100 Shelburne Rd., Burlington, 862-0646

Auto Services

THE AUTOMASTER

3328 Shelburne Rd., Shelburne, 985-8411

BURLINGTON GARAGE

2 Harbor View Rd., S. Burlington, 660-0055

GOOD NEWS GARAGE

333 N. Winooski Ave., Burlington, 864-3667

MCCAFFREY'S SUMOCO

96 North Ave., Burlington, 862-6072

NEW ENGLAND AUTOMOTIVE REPAIR

2071 Williston Rd., S. Burlington, 863-8862

DIL N GO

1233 Shelburne Rd., Suite 204 S. Burlington, 951-0290
2 David Dr. (Essex Wilson Rd. E., Essex Jct.), 879-2707

Banks

(DOWNTOWN BRANCHES)

CITIZENS BANK

148 College St., Burlington, 658-9681

KEYBANK

149 Bank St., Burlington, 660-4170

MERCHANTS BANK

164 College St., Burlington, 865-1898

NBT BANK

150 Bank St., Burlington, 318-9150

NORTHFIELD SAVINGS BANK

160 College St., Burlington, 862-6222

OPPORTUNITIES CREDIT UNION

92 North Ave., Burlington, 660-4751

PEOPLE'S UNITED BANK

2 Burlington Square, Burlington, 961-8936

TD BANK

111 Main St., Burlington, 658-5010

VERMONT FEDERAL CREDIT UNION

84 Pine St., Burlington, 658-0225

(OTHER AREA BRANCHES)

NEW ENGLAND FEDERAL CREDIT UNION

1000 Shelburne Rd., S. Burlington, 800-400-8790
141 Harvest Ln., Williston, 800-400-8790
74 Pearl St., Essex, 800-400-8790

Bookstores

BARNES & NOBLE

102 Dorset St., S. Burlington, 864-8001

CATAMOUNT STORE

46 Church St., Burlington, 660-0868

CROW BOOKSHOP

14 Church St., Burlington, 862-0848

EARTH PRIME COMICS

154 Church St., Burlington, 863-3666

PEACE & JUSTICE STORE

60 Lake St., Burlington, 863-2345

PHOENIX BOOKS

191 Bank St., Burlington, 448-6350
21 Essex Way, #403, Essex, 872-7111

QUARTERSTAFF GAMES

154 Church St., Burlington, 863-3666

SPEAKING VOLUMES

377 Pine St., Burlington, 540-0107

SPIRIT DANCER BOOKS & GIFTS

125 S. Winooski Ave., Burlington, 660-8060

Clothing & Accessories

AMERICAN APPAREL

145 Cherry St., Burlington, 863-7817

ARISTELLE

61 Church St., Burlington, 497-3913

BANANA REPUBLIC

56 Church St., Burlington, 665-1230

BELLA BOUTIQUE

96 Church St., Burlington, 865-1754

DANFORTH SHOES

2 Church St., Burlington, 864-7889
304 Henshaw Dr. (Rt. 127), Colchester, 863-2053
3310 Shelburne Rd., Shelburne, 985-3480

DEAR LUCY

38 Church St., Burlington, 862-5126

EDCO

61 Church St., Burlington, 860-2220

EDDIE BAUER

11 Church St., Burlington, 658-8020

EXPRESSIONS

102 Church St., Burlington, 864-0414

THE HEMPEST

137 St. Paul St., Burlington, 658-6800

HYDRANGEA TDD

199 College St., Burlington, 862-0707

JESS BOUTIQUE

98 Church St., Burlington, 660-4004



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Williston, 809-6640

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198 College St., Burlington,
865-1119

MAVEN
128 Church St., Burlington,
866-1510

ME
104 Church St., Burlington,
489-6326

MONELLE
76 Church St., Burlington, 667-4074

OLD GOLD
180 Main St., Burlington, 864-7766

THE SHOE DEPT.
155 Dorset St., S. Burlington,
863-6616

SPELLBOUND VT
106 Church St., Burlington,
638-8822

STATUS KICKS
28 Church St., Burlington, 653-9353

What the locals like

Seven Days invites readers to vote for their favorite shops and services every year in the Daysies Readers' Picks competition. The winners display their Daysies in their windows or on their walls. Look for these seals of approval all over town, and find a list of recent winners at sevendaysvt.com/daysies.

STELLA MAE
96 Church St., Burlington, 864-2800

SWEET LADY JANE
40 Church St., Burlington, 862-6061

TICK TOCK JEWELERS
185 Bank St. Burlington, 862-3042

TRADEWINDS IMPORTS
110 Church St., Burlington,
866-2829

TRINKET
32 1/2 Church St., Burlington,
861-3015

URBAN OUTFITTERS
25 Church St., Burlington, 661-0133

WHIM BOUTIQUE
62 Church St., Burlington, 668-6496

ZINNIA
57 Church St., Burlington, 864-1700

Computer Repair & Sales

COMPUTERS FOR CHANGE
196 College St., Burlington, 678-9687

PINE COMPUTERS
2026 Williston Rd., S. Burlington,
865-5002

RENT-A-GEK
5 Landon Ln., Burlington, 864-9245

SMALL DOG ELECTRONICS
100 Dorset St., S. Burlington, 862-1316

Eye Exams

EYES OF THE WORLD
168 Battery St., Burlington, 651-0860

THE OPTICAL CENTER
107 Church St., Burlington,
668-4683

Greenhouses/ Nurseries

DEPOT HOME AND GARDEN
36 Park St., Essex, 878-8596

GARDENER'S SUPPLY COMPANY
128 Innesdale Rd., Burlington,
685-3506
472 Marshall Ave., Wilton,
665-3505

INTERVALE CENTER
180 Innesdale Rd., Burlington,
665-0440

**SAM MAZZA'S FARM MARKET,
BAKERY AND GREENHOUSES**
277 Lavigne Rd., Colchester,
665-3440

Grocery Stores/ Markets

**CHEESE TRADERS
AND WINE SELLERS**
1186 Wilton Rd., S. Burlington,
665-0143

**CITY MARKET/OMON RIVER
CO-OP**
82 S. Winslow Ave., Burlington,
861-9700

HANNAFORD (WITH PHARMACY)

- 217 Dorset St., S. Burlington,
869-6311
- 21A Essex Way, Essex Jct.,
878-0274
- 318 Hannaford Dr., S. Burlington,
864-1564
- 78 Marshall Ave., Wilton, 878-0032
- 1127 North Ave., Burlington,
862-8040

HEALTHY LIVING MARKET & CAFÉ
222 Dorset St., S. Burlington, 863-2560

MAC'S MARKET
101 Pearl St., Essex Jct., 872-6770

NATURAL PROVISIONS
329 Harvest Ln., #100, Wilton,
876-1400

PRICE CHOPPER

- 90 Center Rd., Essex, 878-5163
- 41 Hinsburg Rd., S. Burlington,

864-9176 (24-hour store and
pharmacy)

- 1154 Penn. Rd., Colchester,
651-9409
- 595 Shelburne Rd., S. Burlington,
651-9826 (24-hour store and
pharmacy)

SAM MAZZA'S FARM MARKET
277 Lavigne Rd., Colchester,
665-3440

SHAW'S

- 71 Soewood St., Wilton, 878
9770 (with Oco pharmacy)
- 570 Shelburne Rd., S. Burlington,
865-2250
- 66 Mountain View Dr., Colchester,
664-7803 (with Oco pharmacy)

SWEET CLOVER MARKET
21 Essex Way, #418, Essex Junction,
872-8288

TRADER JOE'S
200 Dorset St., S. Burlington,
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150 Dorset St., S. Burlington,
863-5511

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86 Main St., #120, Burlington,
660-4343

DI MODA SALON

30 Main St., #120, Burlington,
657-4000

DIVERSITY HAIR SALON

94 Pearl St., Burlington, 865-1112

GENTLEMAN'S TOP OPTION

88 Lake St., Burlington, 863-3569

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410 Shelburne Rd., Burlington,
951-6968

INDIGO

189 Battery St., Burlington, 658-2010

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121 St. Paul St., Burlington,
862-6262 (color only)

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Burlington Town Center 49 Church
St. Burlington, 864-7016

LIQUID

156 Battery St., Burlington, 540-3077

MAIN STREET BARBERS

72 Main St., Burlington, 863-6100

MAINE ATTRACTION

150 St. Paul St., Burlington,
863-6670

THE MEN'S ROOM

106 Main St., Burlington, 864-2088

METRO HAIR

180 Pearl St., Burlington, 864-0065

O'BRIENS SALONS

247 Main St., Burlington, 658-6566

University Mall, 155 Dorset St., S.

Burlington, 863-2273

Essex Junction Shopping Plaza, Essex

Jct., 878-4554

PAULA'S CREATIVE HAIR DESIGN

12 Pearl St., Burlington, 658-5976

RAPUNZEL FULL SERVICE SALON

13 Center St., Burlington, 658-7880

SALON ONE CURL CLINIC

122 Zephyr Rd., Williston, 838-4233

SALON SALON WINDOSKI

100 Winoski Falls Way, Winoski,
694-7400

SHAE ERNY

160 College St., Burlington,
865-3889

STEPHEN & BURNS

116 Church St., Burlington,
865-4766

TONIC

131 Main St., #63, Burlington,
865-2817

URBAN SALON TEAM

120 Main St., Burlington, 862-1670

Head Shops

THE BERN GALLERY

135 Main St., Burlington, 865-0994

FULL TANK

150A Church St., Burlington,
863-8265

GOOD STUFF

21 Church St., Burlington, 658-0520

NORTHERN LIGHTS

75 Main St., Burlington, 864-6665

Health Services

AFFILIATES IN OB/GYN

96 Colchester Ave., Burlington,
658-0605

COMMUNITY HEALTH CENTER OF BURLINGTON

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JOE BLOOM

Q: I met a great guy downtown. We went home together and had a wild night. It turns out he's, um, my professor and now acts like he doesn't even know me. What should I do?

— Hot for Teacher
in Ryan Hall

A: What should you do? Cool off, Hot, and stay far, far away. He's avoiding you because he's probably horrified that you've turned out to be one of his students. Even if you were amazing in the sack, he's protecting himself from getting sacked by getting close to you again. Respect the distance and move on.

Q: A girl I just started dating hit me the other night. We were really drunk and had a little argument. Then, all of a sudden she got crazy and smacked me in the face pretty hard. I really like her, but when she gets drunk, she gets mean. How do I deal with this?

— On the Defensive
in Redstone Campus

A: No matter how beautiful and special this woman might be when she is sober, the drunken version sounds pretty dangerous. She needs some help and guidance, immediately.

The first thing to do is talk to someone at the counseling service at your school or a local organization such as the Vermont Network Against Domestic & Sexual Violence. These people are trained to guide you through challenging situations without violating your privacy.

Don't let the fact that she was drunk lessen the gravity of the situation. This is often how abusive relationships start.

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Q: I just started dating this guy and I like him, but we haven't had sex. I'm not ready, so we do other things — like oral. He recently asked me to lick his anus. I think it's sort of gross, but I'm getting over that. Should I be worried about sexually transmitted infections?

— Tongue-Tied at Lyman Hall

A: Any time you lick, suck, kiss or use your tongue at the opening of an anus, you're inviting whatever bacteria or germs reside there into your body. The penis comes with its own risks: viral infections such as herpes simplex 1 and 2 and, in rare instances, HIV, HPV or Hepatitis B/C. Bacterial infections include chlamydia, gonorrhea and syphilis.

Take your choice. And seek counsel at your local Planned Parenthood for information about how to protect yourself and insist your partner be checked out, too, if he hasn't already.

Most important: Don't feel pressured to do anything you don't want to do. Stay true to yourself. If he isn't cool with it, he's not worth your worry. Plenty of others out there will appreciate and respect your boundaries.

Q: I'm gay, but nobody back home knows it. Now that I am in college, I really want to explore being with guys, but some of the people from my high school go to this college, and I'm afraid they will tell people back home. How do I explore without old friends and family finding out?

— Closeded in the Cottages

A: You have a tough choice to make. But it looks like you might want to consider coming out. As challenging and scary as that is, you'll never experience the freedom of being who you really are until you take that step. Bonus: You can stop worrying about what your high school peers are saying about you.

Reach out to the LGBTQ support group or dab at your school, or community groups such as Outright Vermont and the Pride Center of Vermont for guidance on how and when coming out will work best for you. The folks there can help you through this exciting new phase of self-discovery. After all, that's what college is all about. **mg**

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